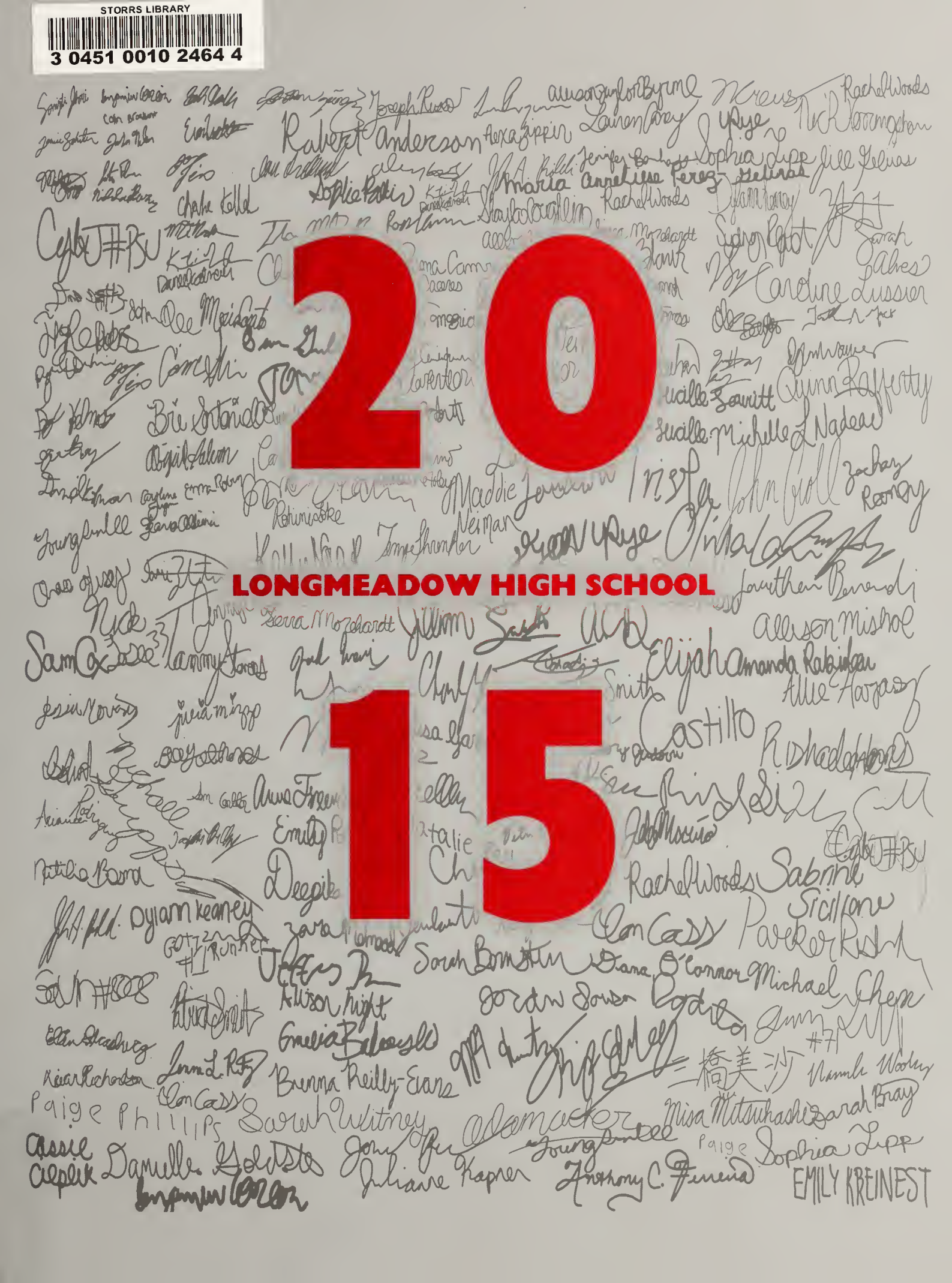
STORRS LIBRARY
3 0451 0010 2464 4



Richard Salter Storrs Library
693 Longmeadow St
Longmeadow, MA 01106

Welcome to Longmeadow High School 2015

LANCER Pride LHS

Table of Contents

Dedication....3
Senior Panorama....4
Seniors....8
Senior Superlatives....42
Senior Class Play....53
Juniors....54
Sophomores....61
Freshman....68
Student Life....75
Faculty....87
Fall Sports....85
Winter Sports....104
Black Hole....124
Departments....126
Clubs....136
Spring Sports Preview....154

Dedication

Lt Col Morris "Moose" Fontenot, Jr.
7 Nov 1972 - 27 Aug 2014

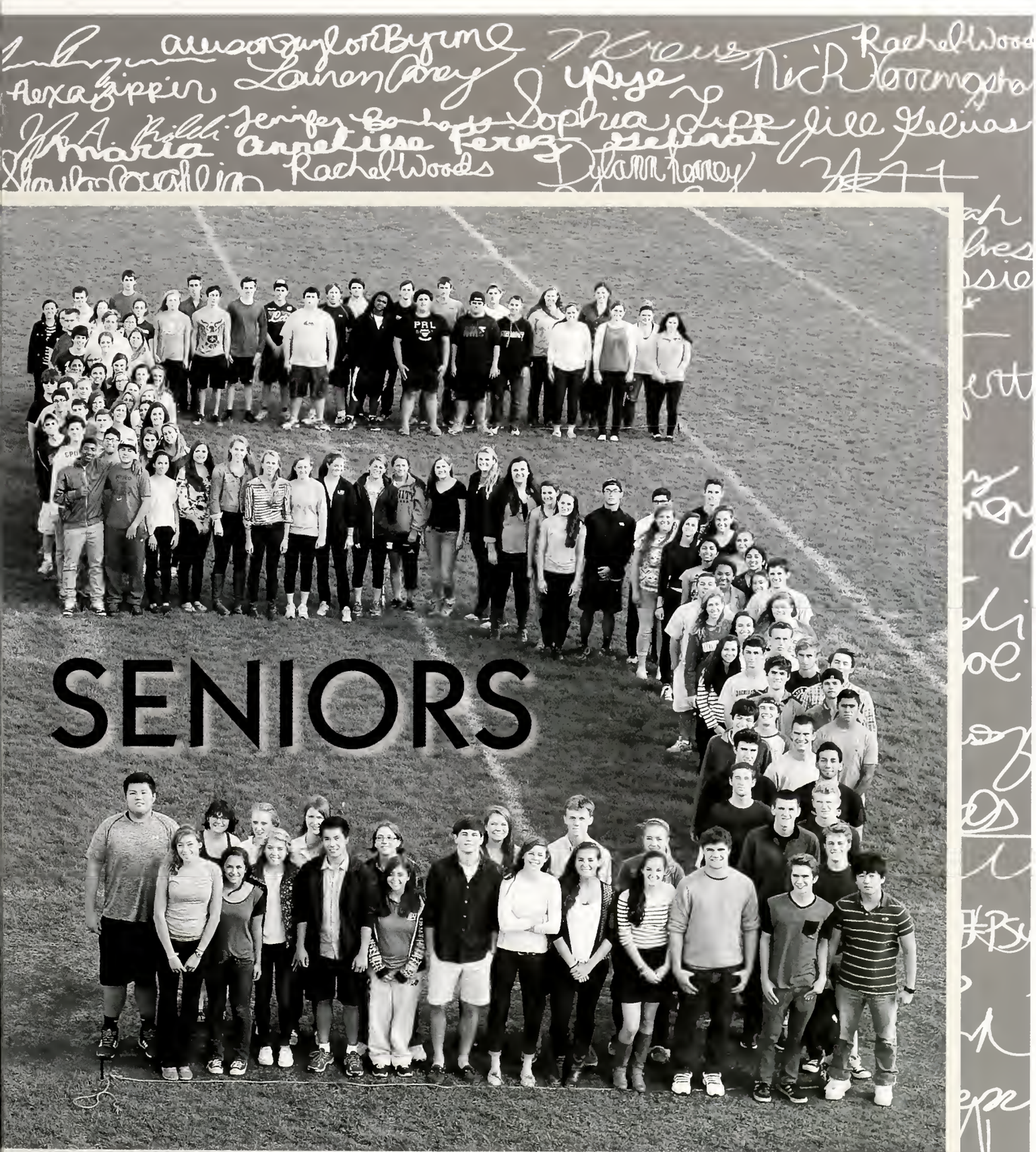
F-15C pilot & father of Natalie and Nicole Fontenot
104th Fighter Wing
Barnes Air National Guard Base
Westfield, MA
Massachusetts Air National Guard

High Flight
By John Gillespie Magee, Jr.

"Oh, I have slipped the surly bonds of earth,
And danced the skies on laughter-silvered wings;
Sunward I've climbed and joined the tumbling mirth of sun-split clouds -
and done a hundred things You have not dreamed of - wheeled and soared and swung high in the sunlit silence.
Hovering there I've chased the shouting wind along and flung my eager craft through footless halls of air.

"Up, up the long delirious burning blue
I've topped the wind-swept heights with easy grace,
where never lark, or even eagle, flew;
and, while with silent, lifting mind I've trod
the high untrespassed sanctity of space,
put out my hand and touched the face of God."

LHS
2015



LHS

CLASS of

2015

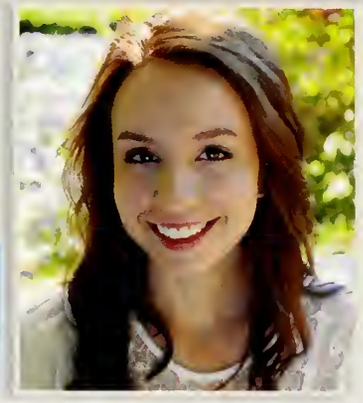
Adam Acker

Tennis : 11,12
"If you want to meet a princess, make yourself into a prince."
– Robbi Dov Heller

Sarah Alves

Dance: 9, 10, 11
Key Club:11, 12
NHS:12
French Club: 9, 10, 11
Science Olympiads: 10
Photogrophy Club: 10, 11

"Everything hoppens for a reason."



Taylor Adelson

Football: 9
Locrosse: 9
Cross Country: 10, 11
Wrestling: 10, 11 NHS: 11, 12
"Is moyonnoise an instrument?"
-Potrick Star

Jake Amatruda

Gianna Alberici

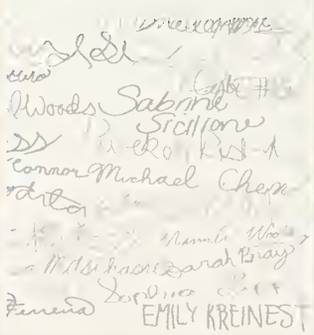
G
Soccer: 9,10,11,12C
Skiing: 9,10,11,12C

"Life moves pretty fast. If you don't stop to look oround once in o while, you could miss it."

Robert Anderson

Fencing: 9, 10, 11, 12 Debote: 10,11,12
Mock Triol: 9, 10, 11,12
Dramo Club: 9,10
Environmentol Club: 9, 10, 11, 12
Lotin Club: 9, 10, 11, 12
Interoct Club:10, 11, 12
Engineering Club 9,10,11
"In ony moment of decision, the best thing you con do is the right thing, the next best thing is the wrong thing, ond the worst thing you con do is nothing."
-Theodore Roosevelt

David Allgaier



Michael Anfang

Jet Jotter: 9, 10, 11, 12
Model UN: 9, 10, 11, 12
School Council: 9, 10, 11, 12,
Debote: 9, 10, 11, 12
As Schools Motch Wits:10, 11, 12;
Isroel Club:10, 11, 12
"The mind is not o vessel to be filled but o fire to bekindled."
-Plutorch
"I need first drofts by Wednesday"
-Sonjiti Johari

Billy Atheneos

Faotboll: 9,10,11,12
Outdaar Track:10, 11, 12
"We ore each o dazen people wha were all the some child."
Rabert Brault

"You know, SpongeBob, life is like o foncy bowl af ossarted coshews."
-Patrick star

Emelia Bakowski

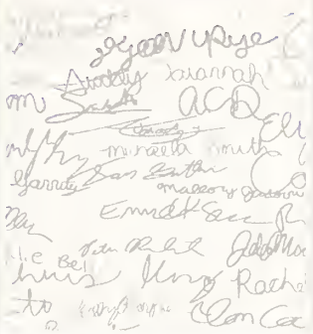
Emmy
Key Club: 9, 10, 11, 12; Donce: 9, 10, 11, 12; Indaar Tack: 9
"Imperfection is beauty, modness is genius and it is better to be obsolutely ridiculaus than obsalutely boring."- Marilyn Manrae

Deepika Babu

Figure Skating: 9,10,11,12
Key Club: 10,11,12
Madel United Notians: 10,11,12
Indio Club: 11,12
Art Club:10,11,12

"All yau need is foith, trust, ond o little pixie dust! "
-Peter Pan

Frank Barbieri



Shannon Bailey

Dromo Club: 10, 11, 12
Indion Club: 11, 12

"l'omor che move il sole e l'oltre stelle"

Alec Barkett

Stock club: 11, 12
Boseboll: 9, 10, 11, 12
Indoor trock: 9, 10, 11, 12

Katie Baker

kbokes, kb
BPA: 11, 12
Red Cross Club: 12
Swimming: 9, 10, 11, 12
"Becouse if we don't leorn from history chonnel, we ore doomed to repeot history channel"
-Bloke Anderson

Jennifer Barnhart

Jen, JB
Jet Jotter:11,12; Yeorbook:11, 12
Best Buddies:11,12
Field Hockey: 9, 10, 11, 12
Tennis: 10, 11, 12C, UN:11, 12
"Pursue the very things that yau ore possionote obout, that is the difference between good ond great."

Keegan Barry

Kevin, Kev, Borry, Noils, Chod, Wahlberg
Football: 9,10,11,12
Locrosse: 9,10,11,12
Basketball: 9, J-Ball: 10,11,12
NHS: 11,12
Key Club: 9, Stack Club:12
Yogo Club: 12
" Red jersey #11"

Blaise Bernal

Wrestling: 9, 10, 12
Track and Field: 10
Magic club: 9, 10, 11

Eddie Bartlett

Key Club: 9
Ultimate Frisbee: 10

"I don't know now if I'm funny. I just keep talking and hope that I hit same-thing that's funny."
Croig Fergusan

Jonathan Bernardi

Cross Country: 9, 10, 11, 12
Swimming 9, 10

Natalie Bell

Ging

Basketball: 9
Indoor Trock: 9, 10, 11, 12
Outdoor Track: 10, 11, 12

"I got 99 problems but a saul ain't ane"

Sarah Bernstein

Bern, Kap

Interoct Club: 9
Israel Club: 10, 11, 12
Yearbaok: 12
Ultimote Frisbee: 9, 10, 11, 12

"Whot o long strange trip it's been"
-The Grateful Deod

Anthony Belyy

Belyy

Faatball: 9, 10, 11, 12
Wrestling: 10, 11
JBall: 9, 10, 12
BPA: 11, 12

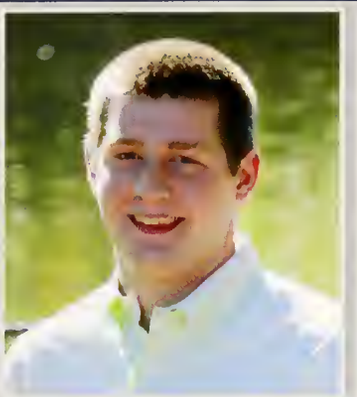
"If yau want ta succeed os bos os you want ta breathe then you will be successful."

Natalie Besner

Cheerleoding: 11, 12
GSA: 11, 12

"I dare you to pull the fire olorm"

"Caal, want a sticker?"



Jack Blanton

Chankton, Cot in the Hot, Blon-ton

Footboll: 10, 11, 12
Bosketball: 9, 10
Boseboll: 9
Jball: 11, 12

"DEVANTE!!!" -Dylan Rye

"I think I'm gonna be a bodybuilder"
-Colin Broadbent

Henry Brill

Model UN: 9, 10, 11, 12
Politics Club: 11, 12,
Debate: 9, 10, 11, 12,
Cross Country: 9,10,11
French Club: 9, 10, 11, 12
Acodemic WorldQuest: 11, 12
Chonge in Action: 9, 10, 11,12

"Chef Didier, you crozy!"

Charly Blazy

Soccer: 9, 10, 11
Swimming: 9, 10, 11, 12
Trock ond Field: 9
Ultimote Frisbee: 10, 11, 12
French Club: 9, 10,11,12

"Life is neither good or evil, but only o ploce for good ond evil."
-Mocus Aurelius

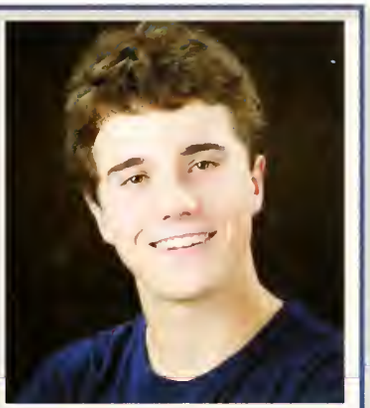
"Friends: People who know you well, but like you anyway" -Anonymous

Colin Broadbent

Shorty

Night Club: 9, 10, 11, 12
boseboll: 9, 10, 11, 12

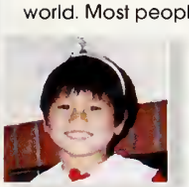
"Mr Dibbern is reody for beoch season."



Camryn Boutin

Softball: 9,10,11,12
Indoor Trock: 12
Key Club:10,11
Best Buddies: 11,12
Yearbook: 10,11,12

"To live is the rorest thing in the world. Most people exist, thot is oll."
-Oscar Wilde



Jordan Broadbent

Key club: 9,10,12
French Club: 11,12
Model U.N: 10,11,12
Politics club: 11,12
Yogo Club:10; Softboll; 9

"Moy your limits be unknown. Moy your efforts be your own."
-The Killers, Be Still.

Sarah Bray

Soccer: 9
Trock: 9, 10, 11, 12
Trock indoor: 11, 12

"The only person who you should try to be better than,is the person you were yesterdoy" -Anon

"You only live once if you do it right once is enough"
-Anon

Michael Brock

JFK

Pottery Club:10
Christion Proyer Club:9
Wrestling :9, 10

"Kid, you'll move mountoins"
-Dr. Seuss

Nicholas Burns
Nick, Burns, Burnsy

Key Club: 10, 11, 12; NHS: 11, 12; Senior Ploy; Soccer: 9, 10, 11, 12 Locrosse: 9, 10, 11; Indoor Trock:9
"I should be Secretory. I'm o professionol slocker" - Jon Mock

"Leorning without thought is lobor lost, thought without leorning is perilous"

Alex Calabrese
Callyswag, Acal

Football: 9,10,11,12
Lacrosse: 9,10,11
Stock Club: 12
Key club: 9
Jball: 9,10,11,12

"I should hit you for that"

Allison Byrne
Ally,Aye-Byrne,Stitch

Key club: 9
Womens group: 9
Its All About Giving: 11
Basketball: 9; Cheer: 10
Cross Country: 9,10; Softball: 9,10

"The only thing holding you back is yourself."

Francis Calabrese

Football: 9, 10, 11, 12
NHS: 11,12

"Nothing just happens. You always have to strive."
-Marcus Luttrell

Paloma Caceres
Paloms, Loma

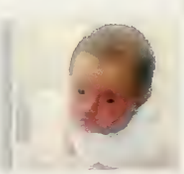
Key Club: 9, 11, 12 Sponish Club: 12; SADD: 12
Soccer: 9, Hockey: 10; Indoor Trock:11, 12;
Outdoor Trock: 11, 12; Cross Country:12

"Chonge your thoughts ond you chonge your world." - Normon Vincent Peole

Jennifer Callaghan

Cross Country 10
Cheerleading 9

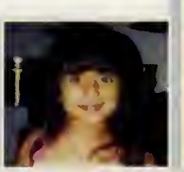
"Happiness is a dream, love is magic and life is something we will never ever understand.'

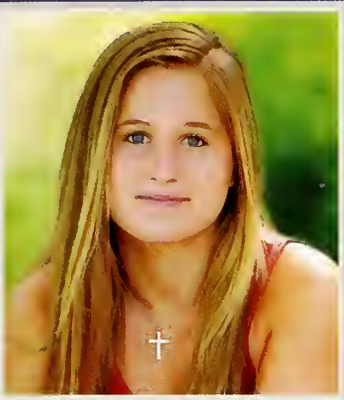


Samuel Caillouette

Cynthia Camacho
Cynth, Camacho-nacho

Lyrics: 10, 11, 12,
Senior Closs Ploy
Accidentols:11
Music Mentor:11
"I'm not Mexicon"
"If somebody ever osks you to do something, do it poorly, so you'll never have to do it ogoin"
- Poris Hilton





Maria Caputo

Soccer: 9,10,11
Swimming: 9,10,11,12C
Outdoor Track: 9,11,12C
Powder Puff:12

"A day without laughter is a day wasted"
-Charlie Chaplin

"There is no "we" in "food"

Emily Carroll

Cross Country: 9,10,11,12
Indoor Track: 9,10,11,12
Locrosse: 9,10,11, Art Club: 9,10,11,12
Lotin Club: 9,10,11,12
Environmentol Club: 11,12
French Club: 9,10,11

"An opple o doy keeps onyone owoy if you throw it hard enough."
-unknown

Lauren Carey

Cross Country: 9,10,11,12
Bosketboll: 9,10,11; Locrosse: 9,10,11
Accidentols:10,11,12; Lyrics: 11,12
French Club: 9,10,11,12; NHS: 11,12

"Tadoy is never too lote to be brond new"
-Toylor Swift

"The limit to one's success does not exist"
- Dirty McRoot

Susanita Carvajal

Field Hockey: 9
Basketball: 9
Softball: 9,10,11,12
Cheerleading: 9,10,11,12

"Remember that the happiest people are not those getting more, but those giving more." - Jackson Brown Jr.

Samantha Carleton

Sami

"The only person you should try to be better than, is the person you were yesterday"

Ian Cass

Football: 9,10,11,12
Outdoor Track: 10,11,12

"Uh...khakis"- Jake from State Farm

Giovanni Carpentieri

Soccer: 9

"Why be a king When you can be a god"

Elijah Castillo

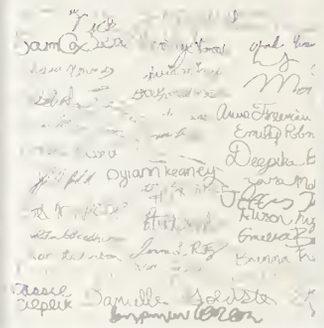
Jordan Chase

Basketball, 10,11, 12
Saccer, 9
Crass Cauntry, 11

"Wars came and ga but my saldiers stay eternal."

-Tupac Shakur

Abigail Cimini

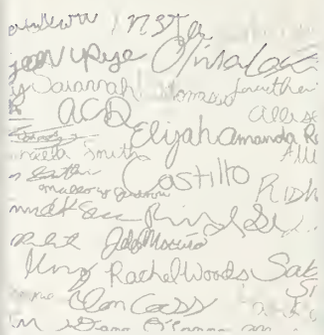


Michael Chen

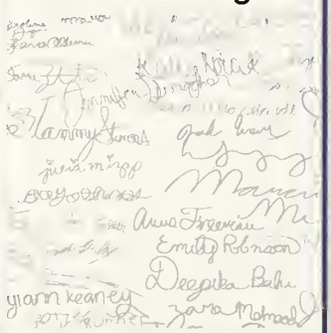
Mike
Ultimate Frisbee: 9, 10, 11, 12
Swimming: 9, 10, 11, 12
Faatball: 9, 10
Math Team: 9, 10, 11, 12
NHS: 11, 12

"Ta live is the rarest thing in the warld. Mast peaple exist, that is all."
-Oscar Wilde

Jacob Cimini



Brian Chung



Ben Correira

Carreira

Saccer: 9

"My fake plants died because I did nat pretend ta water them."
-Mitch Hedberg

"If twa wrangs dan't make a right, try three."
-Laurence J. Peter

Cassandra Cieplik

Cassie
Valleyball: 9, 10; Lacrasse: 9, 10
Indaar Track: 9, 10, 11, 12
Outdaar Track: 9, 10
Best Buddies:11, 12

"Our will is always far aur awn gaad, but we da nat always see what that is."
-Jean-Jacques Rausseau

Daniel Cotnoir

Big D

Lacrasse: 9, 10, 11, 12
Indaar Track: 12; Key Club: 9

"Back in the game? I am the game pal!" - Jahnny Drama Chase

"Clear eyes, full hearts, can't lose." - Coach Taylor

Shayla Coughlin

Soccer: 9; Ski: 9
Key Club: 10,11,12; Yoga Club: 10
"Never stop smiling!"
-Demi Lovato
"Always remember, actions speak louder than words. No one's perfect, but we can all strive to be better people."
-Anon

Ashley Cunningham

New Englond Donce Conservotory: 9, 10, 11, 12; Senior Closs Ploy choreographer. 12; Key Club: 9, 10, 11, 12; Yogo Club: 10; Yeorbook Club: 11

"Live eoch doy so that you will never be ofroid of tomorrow nor oshomed of yesterdoy"

Sam Cox

Softball: 9, 10, 11C, 12C
Volleyball: 9, 10, 11, 12
Key Club 9, 10
Spanish Club: 9, 10, 11, 12
Art Club:10, 11; NHS:11, 12
Table Tennis Club; 11, 12
"There's a reason they put the word bae in bagels" -Sam Cox

David D'Agostino

Basketball
Ultimate Frisbee
"How was David Dag not a 4 year starter?"
-Coach K
"David stole my girl"
-Everyone
"I'm an animal"
-Me

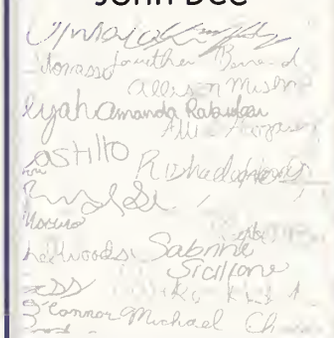
Nicholas Crews

Timo, Zeebeep, T, ZZ Top,Noodles

Football: 9, 10, 11, 12
Lacrosse: 9, 10, 11, 12
JBall: 9, 10, 11, 12
Key Club: 10; Stock Club: 12
Yoga Club: 12

"Nah b"

John Dee



John Croll

Soccer: 9, 10, 11, 12
Baseball: 9, 10, 11, 12

"Weather the storm."
-Brad Miller

Matthew Demarche

Lacrosse: 9, 10, 11, 12
Indoor Track: !2
JBall: 9, 10, 11, 12
NHS: 11, 12, Key Club: 9

"I thought I brought my phone, but I really brought my IPod. Boiiiiii"
-Nick Crews

Ashley Denmark

Equestroin: 9, 10, 11, 12
Football Monoger: 11, 12
Powderpuff; Key Club: 9, 10
Lo Copella: 11, 12
"Work hord. Be ombitious. Keep your priorities stroight, your mind right ond your heod up. Do well live well. Do Whot you love, love what you do.

Jacob Donelon

Donelon

Footboll: 9

"If I ever said I graduoted, just know, I mean it."

Priyanka Devabhaktuni

Figure Skoting: 9, 10, 11, 12
Indio Club: 11, 12
Model U.N: 11, 12
Interact Club: 11, 12

"Goodbye everyone. Todoy, destiny is OUR friend. I know it."
-Uncle Iroh

Tighe Dudek

Soccer: 9, 10, 11, 12
Locrosse: 9, 10, 11, 12
Bosketboll: 9, 10, 11, 12
Senior closs ploy

"Our deepest feor is not thot we ore inodequote, our deepest feor is thot we ore powerful beyond meosure" - Timo Cruz

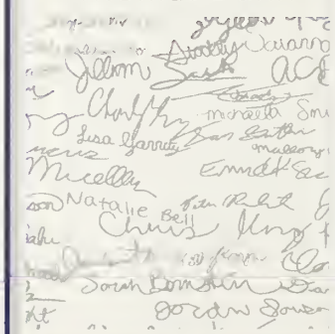
"These guys ore ploying checkers, i'm out there ploying chess" -Kobe Bryont

Nicholas Dibona

JBoll: 9, 10, 12
NHS: 11, 12
Key Club: 9, 11, 12

" I've got a theory that if you give 100% oll of the time, somehow things will work out in the end"
-Lorry Bird

Thomas Dunn



Savannah Ditomassi

Sav, Savvy
Volleyball: 9, 10, 11, 12C

"You're mod. Bonkers. Off your head...But I"ll tell you a secret... All of the best people ore"
-Alice in Wonderland

Jennifer Durocher

Jen, Gin

Soccer: 9, 10, 11, 12C
Bosketboll: 9, 10, 11, 12
Locrosse: 9, 10, 11, 12

"The greotest mistake you con moke in life is to be continually fearing you wil moke one."

Liam Eagan

"I hate wrang bagels"
-Jahn Stanley Blanton III

Anthony Ferreira

Closs President, 9, 10, 11, 12
Trock ond Field: 10, 11, 12
Flim-moking Club: 9
Unplugged Club: 10
Key Club: 9, 10, 11
French Club: 9, 10, 11
Chomber: 9, 10, 11,12
Lyrics: 10, 11, 12
"A coreer must be o possion, not o job. If you do whot you love, it will never feel like work." - Clement Messier
"Must be nice"
-Closs of 2015 officers

Kip Ehrenberg

J Boll: 9,10,11,12 Key Club: 10,11,12
Soccer: 9,10,11,12 Stock Club: 10,11,12
Sponish Club: 9,10,11,12
Ping Pong Club: 11,12
Locrosse: 9,10,11,12
"Never give up on o dreom just becouse of the time it will toke to occomplish it. The time will poss onywoy." - Earl Nightingale

Madeline Foley

Maddie, Faley, madsfal, Fa

Outdaar: 10, 11, 12 Indoor: 11, 12
The Accidentals: 11, 12
Key Club: 9, 10, 11,12
"If the whale warld was blind, haw many peaple wauld yau impress?" -Baanaa Mohammed
"Hearrt on fire. Brain on ice." - Mr.Mucci

Justin Feldman

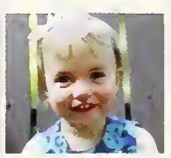
JFelds, Nugget, Feelsman

I Contori: 11,12; Acofellos: 11,12
Lyrics: 10, 11, 12
Golf: 9,10,11,12; Senior Closs Ploy
Indoor Trock: 12; Boseboll: 9,10,11,12
"As you wolk down the foirwoy of life, you must smell the roses, for you only get to play one round."
-Ben Hogon

Anne Freeman

Jet Jotter: 9, 10, 11, 12
Mock Trail: 9, 10, 11, 12
Key Club: 9, 10 , 11, 12
NHS: 11, 12

"A friend is sameane wha knows all about you and still loves you"



Manuel Fernandez

Manny

"DON'T WORRY ABOUT SOCiETY"
-RIFF RAFF

"Sometimes I feel like an intellectual unicarn"
- Kanye West

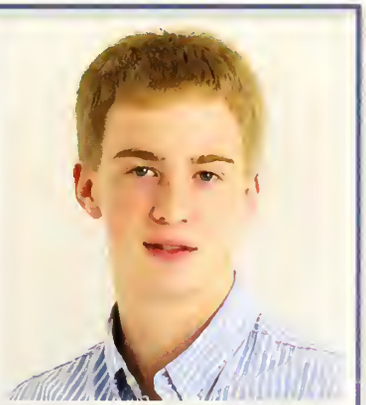
Matthew Friedrich

Freddy

Lacrasse: 9, 10

"Get busy living ar get busy dying"
-Andy Durfraine

"Yuup I'll do it."



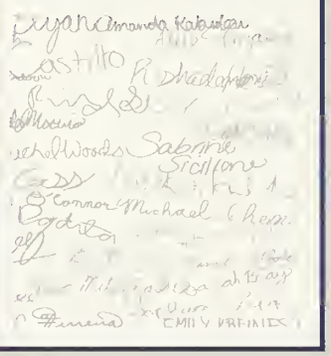
Caroline Frigon

"Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy"
-Unknown

Jill Gelinas

Soccer: 9,10,11,12
Basketball: 9,10,11,12
Outdoor Track: 9,10,11,12
NHS: 11,12
Key club: 9,10
"In matters of style, swim with the current; in matters of principle, stand like a rock."
-Thomas Jefferson

Samuel Gallant



Joshua Goldberg

Shua

Football: 9
Lacrosse: 9,10,11,12
Key club: 9,10,11
Poolitics club: 12
"Believe you can and you're halfway there."
-Theodore Roosevelt
"If I had a gun with two bullets and I was in a room with Hitler, Bin Laden and Toby, I would shoot Toby twice."
-Michael Scott

Lisa Garrity

Enviranmental Club: 11
Outdaar Track: 9
Art Club: 10, 11, 12
Drama Club:9, 10
Hiking Club:10
Seniar Class Play

"This is nat practice. This is yaur life."
"They're taking the habbits ta Isengard"
-Legalas

Danielle Goldstein

Dani

Basketbaall: 9,11
Swimming: 10
India club: 11,12
Culinary club: 12
Enviranmental club: 12
Spanish club: 9,10
Art club: 11,12
Madel U.N.: 11,12
"Imaginatian is mare impartant than knawledge. Knowledge is limited. Imaginatian encircles the world." – Albert Einstein

Ian Gauthier

Cross Country: 10, 11, 12
Soccer: 9, Track: 11, 12
Basketball: 9, NHS: 11,
Rachel's Table: 9,10,11,12
"People are just afraid of things too much. Afraid of things that don't necessarliy merit fear.
-Frank Ocean

Connor Gottzmann

Gottzmann
Cross Country: 9,10,11,12
Indoor track: 10,11,12
Outdoor: track: 10,11,12
Hacky sack club: 12
"Only he is lost who gives himself up for lost!"
-Hans-Ulrich Rudel

"The main thing is to make history, not to write it."
-Otto von Bismarck

Olivia Gravel

Livvy

"Art is not what you see, but what you make others see."- Edgar Degas

Michael Grippo

Grippo

Swimming: 9,10,11,12C
Key club: 11,12
French club: 10

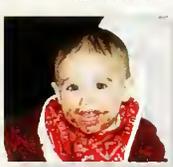
"I am Groot"
-Groot

Benjamin Grodsky

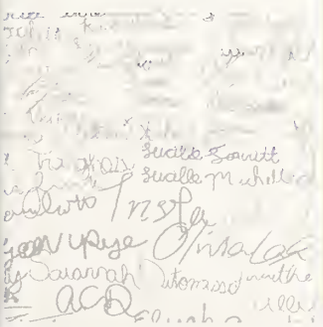
Grod

Baseball: 9, Ski team: 9,10,11,12
Outdaar track: 10,12
Treasurer: 9,10,11,12; Seniar Class Play

"Instructians are anly far peaple that lack imaginatian" - arigina quate "Success is 1% inspiratian, 98% perspiratian, and 2% attentian ta detail."- Phil Dunphy



Peter Hanke



Allison Haryasz

Allie

Cross country: 9,10,11,12C
Indoor track: 9,10,11,12C
Outdoor track: 9,10,11,12C
NHS: 11,12
"We may encounter many defeats but we must not be defeated." - Maya Angelou

James Heemskerk

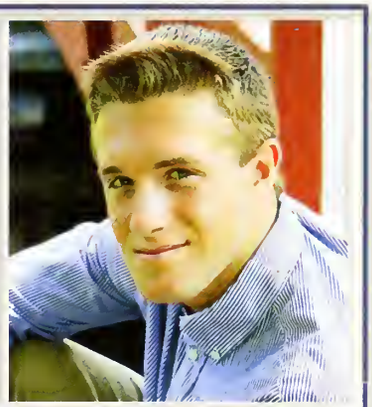
Cross country: 11
I Cantori: 10,11

"Never allow someone to be your priority while allowing yourself to be their option." -Mark Twain

Dylan Helmus

Soccer: 9,10,11,12
Lacrosse: 9,10,11, NHS: 11,12
Stock club: 12,
Ultimate frisbee: 12
"Hey pal, you just blow in from stupid town?"

"Good people don't rip other people's arms off."



Nicholas Herringshaw

Rishadeane Hinds

Reese

Knitting club, Saftball: Cheerleading: Key Club, East Asian club, GSA Enviranmental club, Art club

"I have been impressed with the urgency af daing. Knawing is nat enaugh; we must apply. Being willing is nat enaugh; we must do. -Leanarda da Vinci

Chase Hussey

Pat, Derek, RE2PECT, Nasal

Football: 9,10,11,12
Lacrosse: 9,10
Best Buddies: 10,11,12
Stock Club: 11,12
BPA: 12

Elizabeth Hume

Liz

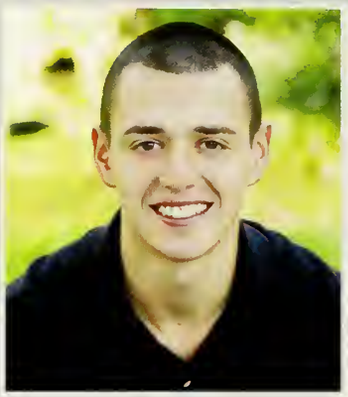
East Asia Club: 11, 12
Environmental Club: 11, 12
Interact Club: 12

"You're off to Great Places! Today is your day! Your mountain is waiting...so get on your way!" - Dr. Seuss

Ian Ireland

Ireland, Kathy Ireland

Basketball: 9
Football: 9, 10, 11, 12
Jball: 10, 11, 12
Ultimate Frisbee: 10,11
Interact Club

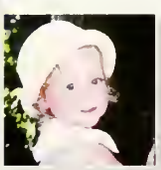


Jordan Hurwitz

Juice, Joyce

New England Dance Canservatary: 9,10,11,12
Pawder Puff

"I have street smarts, if I was in the middle of the raad and a car was caming I wauld get aut af the way." - Alexa Tranghese



"Life is 10% what yau're given, 90% what yau make af it." -Jane Stream

Julia Izzo

Jules, Izzo

Field Hackey: 9,10,11,12 Lacrasse: 9,10
Best Buddies: 10,11,12
S.A.D.D: 12
Spanish Club: 12

"Happiness depends upan aurselves." -Aristatle

"Da what you can, with what yau have, where yau are." -Theodare Raasevelt

Noah Hurwitz

Fwitz, Hurwit, Sturbridge

Football: 9,10,11,12
Baseball: 9,10,11,12
Basketball: 9,10

"Shooooooot! I'm stuck in the girls bathroom at Costco!" - David Sell

Mary Jablow

Mur

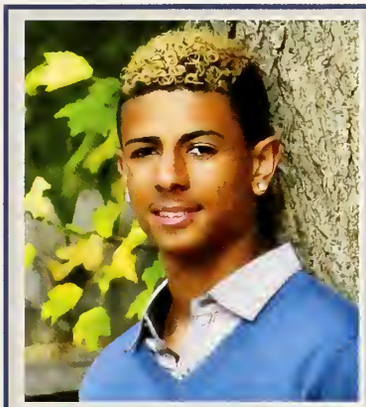
Dance

Sanjiti Johari

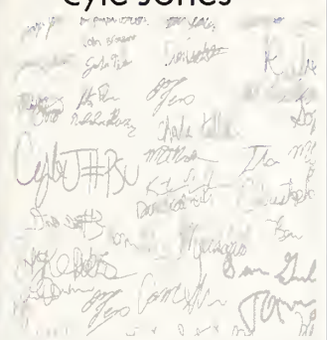
Jet Jotter: 10,11,12
Yeorbook: 10,11,12
NHS: 11,12 BPA: 11,12
"I hote when I'm on o flight ond I woke up with o woter bottle next to me like oh greot now I gotto be responsible for this woter bottle"
-Konye West

Conrad Joyal

Madel UN: 9, 10, 11, 12 Ski Team: 9
Soccer: 9, 10 S Baseball: 9, 10
Cross Country: 11, 12
Indaar Track: 10, 11, 12
Outdoor Track: 11, 12
"When yau let anather man create yaur warlds, he will always create it taa small.
-Jerome Singletan Jr.



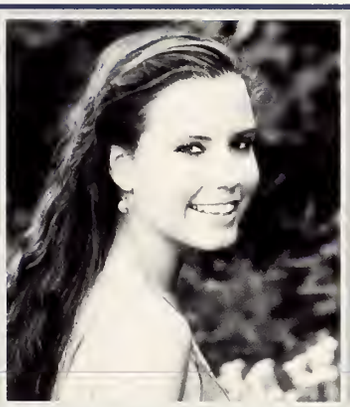
Cyle Jones



Mallory Judson

French Club: 9,10; Jewish Club: 11
DJST ot JCC: 9, 10, 11, 12
JCC Kidspoce Group Leoder: 11, 12
Dokin Pioneer Volley Humone Society Volunteer: 10, 11, 12
JCC Comp Counselor: 11, 12

"No motter whot people tell you, words ond ideos, con chonge the world." -Robin Williams



Emma Jones

Outdoor Trock: 9, 10, 11, 12
Indoor Trock, 10, 11, 12c
Volleyboll: 9, 10 Art Club: 9, 10, 11, 12;
Pottery Club: 10, 11
Culinory Club: 12; NHS: 11, 12
"And above oll, wotch with glittering eyes the whole world oround you becouse the greotest secrets ore olwoys hidden in the most unlikely ploces. Those who don't believe in magic will never find it."

Ezra Kaim

EZ, EASY, E
Trock ond Field 10, 11, 12;
JCC Bosketboll 9, 10, 11, 12;
Cross Country Monoger 10, 11, 12
Mock Triol 11, 12; BPA 12; Stock Club 12; Longmeodow School Committee Advisory Council 11, 12; Hompden County District Attorney Youth Advisory Boord: 12
"You don't go through life, you grow through life."
-Kevin Ollie

Jalen Jones

Triple J
Footboll: 9, 10, 11, 12
Outdoor Trock: 10, 11, 12
Eost Asio Club: 11, 12
Unity Club: 9, 10, 11, 12
"There is no better thon odversity. Every defeot, every heortbreok, every loss, contoins its own seed, its own lesson on how to improve your preformonce the next time."

Ross Kamin

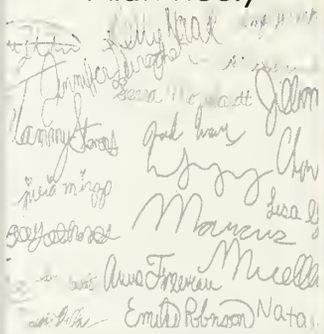
Golf: 9,10,11
Tennis: 9,10,11,12C
JBall:12
Acafellas: 12
Seniar Class Play

"Success is nat final, failure is nat fatal: it is the caurage ta cantinue that counts."
-Churchill

Joshua Kang
Kang the Beast

Football: 9, 10, 11, 12
Outdoor Track: 9, 10, 11, 12
Key Club: 9, 10, 12
Red Cross Club: 12
Ping Pong Club: 11,12

Alan Keely



Jung Hoon Kang
Robin

Key club:9,10,11,12

Charles Kelleher
Charlie

Hockey: 9

"You miss 100% of the shots you don't take"
-Wayne Gretzky

Julianne Kapner

Latin Club: 9,10,11, 12; Hiking/ Environmental Club: 10, 11, 12 Interact: 9, 11, 12; Drama Club: 9, 10; French Club: 10

"You gain strength, courage, and confidence by every experience in which you stop to look fear in the face... You must do the thing you think you cannot do." - Eleanor Roosevelt

Christopher King
Cerebral Fury

Basketball: 9,10,11,12
Stock Club:12

"What I would do for a million dollars...."

Dylann Keaney

Field Hockey: 9,10,11,12
Indoor Track: 9,10,11
Outdoor Track: 9,10,11,12
Best Buddies: 9,10,11,12
Yearbook: 12
NHS: 11,12

"Watch A sunrise at least once a day." -Phil Dunphy

Allison Knight

Ultimate frisbee: 11

"Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections."

Daniel Kofman

Bosketboll: 9, 10, 11, 12
Soccer: 9, 10
Cross Country: 11, 12
BPA: 9, 10, 11, 12
NHS: 11, 12
Stock Club: 11, 12

"Formol educotion will moke you o living; self-educotion will moke you o fortune." - Jim Rohn

Kurtis Le Duc

Dirty kurt

Golf: 11,12
Tennis:11,12
Jboll: 11, 12

"I would follow you into the mists of Avolon if thot's whot you meon." - Dale Doback
"Wonno get your toes wet?"- Mott Friedrich

Emily Kreinest

Kink , Massive

Ultimote Frisbee 9, 10, 11, 12
Toble Tennis 11, 12
"Snooooooooooooooooooo oooOOOOOP" -Snoop Dogg (Drop It Like It's Hot)

Lucille Leavitt

Lucy

Donce: 9, 10, 11
Accidentols: 10, 11, 12
NHS: 11, 12
Rochel's Toble Teen Boord: 9, 10, 11, 12 Lyrics: 11,12

"Heart on fire, brain on ice." -Michael Mucci

Ian Lantzakis

Landshark

Wrestling: 11
Ultimate Frisbee: 9, 10, 12

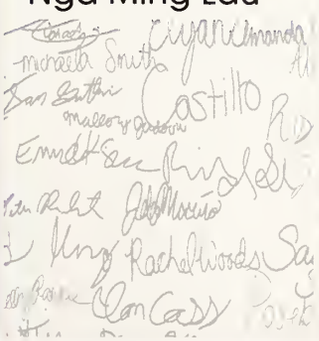
"Life's hord, weor o helmet."

Youngsun Lee

East Asia Club: 9, 10, 11, 12
Interact Club: 10, 11, 12; Latin Club: 10, 11, 12; India Club: 11, 12

"Fear nat, far I am with yau; be nat dismayed, far I am yaur Gad, I will strengthen yau, I will help yau, I will uphald yau with my righteaus right hand. -Isaiah 41:10"

Nga Ming Lau



Michael Lemke

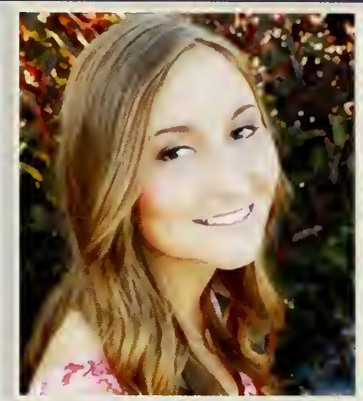
Varsity Basketball 9, 10, 11, 12

Richard Li

Outdoor Track and Field: 10, 11, 12
Indoor Track and Field: 12
Football: 10

"I Scare People Away"
-Jaden Smith

Emily Longo



Sophia Lipp

Field Hockey: 9, 10, 11, 12
Best Buddies: 10, 11, 13; Jet
Softball: 9, 10, 11 Jotter: 10, 11, 12
Accidentals: 10, 11, 12

"Life is a series of hellos and goodbyes; I'm afraid it's time for goodbye again."
- Billy Joel, Say Goodbye to Hollywood

Nicholas Losee

Losee

Football: 9,10,11,12
Baseball: 9 Frisbee 11, 12

"I'm cooler than a cooler"- Chief Keef

Sydney Llodra

Accidentals

"If I feel like my song is sung, I don't care if it's short; and I feel like my song is sung."
~Johnny Cash

Shelby Lucier

Shlup, Shlebly

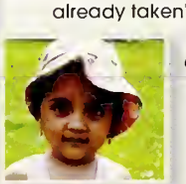
Soccer: 9, 10; Indoor Track: 9
Outdoor Track and Field: 9, 10 Key Club: 11
"Emancipate yourselves from mental slavery. None but ourselves can free our minds."

-Bob Marley

Rohini Loke

Tennis: 9, 10, 11, 12; Accidentals: 10, 11, 12; Swedish Fish:10, 11, 12; I Cantori: 11, 12; Lyrics: 10, 11, 12; NHS:11, 12; Model UN: 11, 12

"Be yourself; everyone else is already taken" - Oscar Wilde
"It does not do to dwell on dreams and forget to live" J.K. Rowling



Caroline Lussier

Swimming & Diving: 9, 10
Outdoor Track & Field: 9,10
Key Club: 9,10,11
The Accidentals:11,12
NHS: 11, 12

"You're off to great places. Today is your day. Your mountain is waiting, so get on your way."
-Dr. Seuss

Jonathan Mack

JMack, JonMack, JackMack

Track & Field: 9,10,11,12; Model UN 9,10; Politics Club:11,12 Senior Play 12; Class Officer 9,10,11,12

"No one cares how much you know, until they know how much you care." - Sen. Tim Scott

Hannah Manzi

Soccer: 9
Basketball: 9
Outdoor track: 9
Key club: 11

"What lies behind us and what lies before us are tiny matters compared to what iles within us." - Ralph Waldo Emerson

Sankirth Madabhushi

Crass Cauntry: 9,10; Outdaar Track: 9; India Club:11,12; Tennis: 10 Jet Jatter: 12 ; Madel UN: 9,10,11,12; Debate Team: 9,10,11,12 French Club: 9,10,11,12; Interact Club: 9,10,11,12; Stack Club: 9,10,11;

"If yau can't make it gaad, at least make it laak gaad." -Bill Gates

Carli Marino

Key club:9, 10
Accidentals: 10, 11, 12
French club:9, 10, 11

"Differences of habit and language are nothing at all if our aims are identical and our hearts are open."s - J. K. Rowling

Zara Mahmood

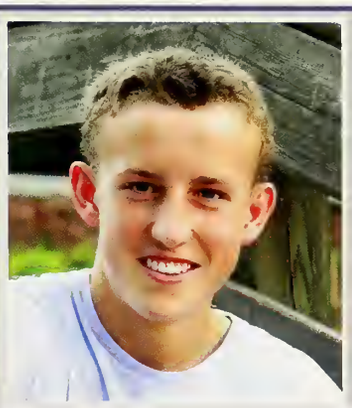
Soccer: 10; Model United Nations: 9,10,11,12
Debate Team: 9,10,11,12
Key Club: 9,10,11,12 NHS: 11,12
Youth Advisory Board: 12

"It has to get worse before it can get better"

Jake Marino

Soccer: 9; Indoor Track: 9, 10, 11, 12; Outdoor Track: 9, 10, 11, 12;
Key Club: 11

"Every day we wake up, we have an opportunity to do some good, but there's so much bad that you have to navigate to get to the good." -Chesley Sullenberger



Jacob Mannix

Varsity Soccer: 9, 10, 11

Gavin McAfee-Crowley

Leanarda Gavinci, Yau'reGavin Me aHeartAttack

Volleyball consultor

"So whatever I write in here will go in the yearbook?" -poop

Maire McBride

Field Hockey: 9, 10, 11, 12
Indoor Track: 9, 10, 11, 12
Outdoor Track: 9, 10, 11, 12
"You are the only one who gets to decide what you will be remembered for"
-Taylor Swift

Timothy McGann

The Bonono Three Time Timmy McBuckets

Football: 9,10,11,12
Baseball: 9
Frisbee: 11,12
J-Ball: 9,10,11,12
"For simplicity" -Aaron Keller
"How was your trip to Africa?" -Ben Belyy

Conrad McCarthy

Corn, Bills

Football 9, 10, 11, 12
Indoor Trock 9, 10, 11, 12
Boseball 9, 10, 11, 12
NHS 11, 12; Key Club 12
"Once upon o time, there wos on ugly bornocle. He wos so ugly thot everyone died. The end." -Abrohom Lincoln

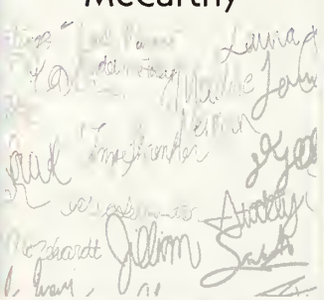
Madison Melikian

Maddy, Larry

"yo yo mrs o"

"stop, mother will get mad"

Katherine McCarthy



Andrew Metz

Wind Ensemble: 10, 11, 12
Lyrics: 10, 11, 12
Environmental/Hiking Club: 10,11,12
Engineering Club: 10

John McDonald

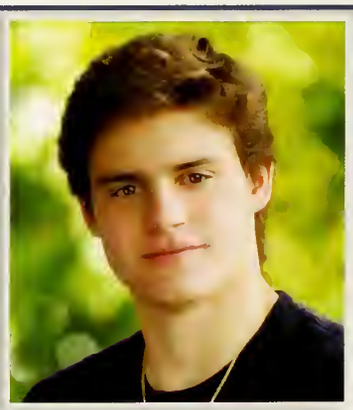
Pumo

Hockey: 9,10,11,12C
Golf: 11,12; Locrosse; 9,10
Stock Club: 12; Best Buddies: 11,12
"The closer you *are to death*, the more olive you feel. It's o wonderful woy to live, ond the only woy to drive."-Jomes Hunt
"In the kingdom of the blind, the one eyed mon is king." -Erosmus

Zachary Meunier

"First get a jar".....
"Patrick, that's a pickle"

SpongeBob



Allison Mishol

Mish, Amish, Amdawg, Rita

Saccer- 9,10; Valleyball: 11,12
Basketboll: 9,10,11,12C
Saftball: 9,10,11C,12C
Wamen's Charus: 9;
La Cappella - 10,11,12
Best Buddies - 9,10,11,12
S.A.D.D.:12; Sponish Club:12
Seniar Class Play; Pawder Puff

"Life moves pretty fast. If yau don't stop and laak araund ance in a while, yau could miss it." - Ferris Bueller

Trevion Moss

"T" TBoss

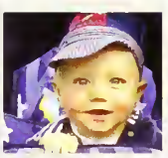
Faatball:11,12
Unity Club:9,10,11,12
Dance Club:9
Ping Pang Club:11
East Asia Club:12
"Time you enjay wasting isn't wasted time."
- John Lennan

Misa Mitsuhashi

Marcus Mueller

Interact Club: 11,12
NHS: 11, 12

"Unless sameane like yau cares a whale awful lat, nathing is gaing ta get better. It's nat."
–Dr. Seuss



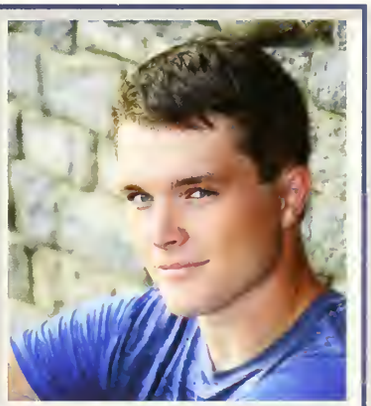
Sierra Morehardt

Ultimate Frisbee: 11, 12
Accidentals: 11, 12
Lyrics: 11, 12
"It's Leviosa, nat Leviasa."
- Emma Watsan

Kiernan Mulcahy

Kern

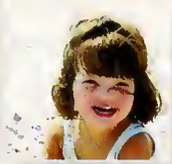
Faatball 9, 10; Indaar Track 11,12
Lacrasse 9,0,1112,
"E.V.I.L, Every villain is lemans"
-Spongebab
"Na ane soves us but aurselves.
Na ane can and na ane may.We aurselves must walk the path."
-buddha



Jessie Moriarty

Bean

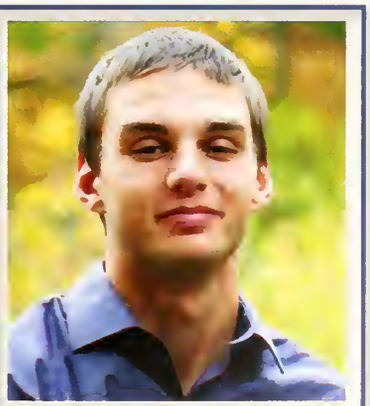
Field Hackey 9, 10, 11, 12C
Indaar Track 9, 10, 11, 12C
Lacrasse 9, 10; Saftball 11
NHS 11, 12; SADD 10, 11, 12
"What lies behind us and what lies before us are tiny matters campored to what lies within us."
"Juno Ladies"



Colin Murphy

Murph

Faotball:9,10
Indaar Track:11,12
Outdaar Track: 9,10,11,12
BPA: 11,12
East Asia Club: 12
Key Club: 11
"Never warry abaut theary as lang as the machinery daes what it's supposed to do."
-Rabert Heinlein



Michelle Nadeau

Lacrasse: 9,11,12
Saccer: 9,10,11,12
Key Club:9
"An arraw can anly be shat by pulling backward. When life is dragging yau back with difficulties, it means it's gaing ta launch yau inta something great. Sa just facus, and keep aiming."

Kelley Novak

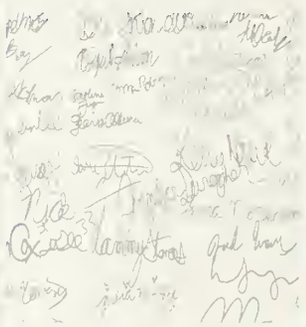
Ultimate Frisbee: 11,12
Best Buddies: 11,12
Accidentals: 11, 12
Model UN: 10, 11
Lyrics: 12
S.A.A.D. : 11

Madeleine Neiman

Towanda: 11, 12
East Asia Club: 9,10,11,12
Change in Action: 11,12

"Live every week like it's shark week"-30 Rock

Joshua Novis

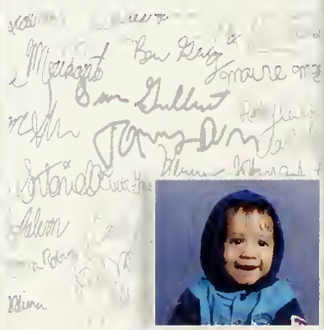


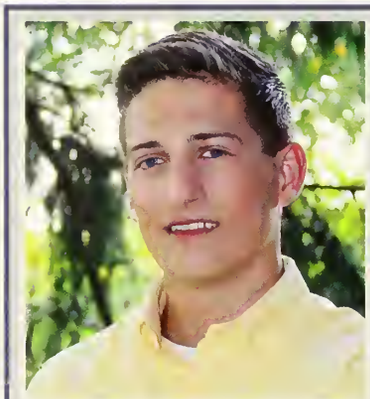
Jackson Nolan

Soccer: 9, 10, 11
Baseball: 9, 10, 11, 12

"Money is numbers and numbers never end. If it takes money to be happy, your search for happiness will never end."
-Robert Nasta Marley

Johnathan Nunez





Evan Novak

Lacrosse: 9,10,11,12
Ski Team: 9,10,11,12
"If you don't do it this year, you will be one year older when you do"
-Warren Miller

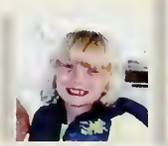
"Once something is a passion, the motivation is there"
-Michael Schumacher

Dana O'Connor

Fashion Club: 11, 12 Madel UN: 11, 12
Jazz Ensemble: 10, 11, 12 Interact: 11, 12
India Club: 11, 12 Culinary Club: 12
As Schaals Match Wits: 11,12
NHS: 11, 12, Galf Team 9-12

"Never think af pain ar danger ar enemies a mament langer than is necessary ta fight them."

"Saciety exists anly as a mental cancept; in the real warld there are anly individuals."



Dare Odutola

Football: 9, 10, 11, 12
Outdoor Track: 9, 10, 12
Key Club: 11, 12
NHS 11, 12
"If you can't make it good, at least make it look good"

Thomas Pelchar

Connor Ostrander

H2O Throwstander
Basketball: 9,10 Football: 9,10,11,12
Lacrosse: 9,10,11,12 J-Ball: 11,12
Yoga club: 12 NHS: 11,12
Stock club: 12
"I guess they don't know"

Anneliese Perez-Gelinas

Soccer: 9,10
Outdoor Trock: 9,10,11,12C
Indoor Trock: 12
Key Club: 9,10
Peer Leodership: 11
"Use your smile to chonge the world, but don't let the world chonge your smile"

Lauren Padilla

Art Club:9, 10, 11, 12; Fashian Club: 11, 12; French Club: 9, 10, 11, 12; India Club: 11, 12; Madel UN: 9, 10, 11, 12; NHS: 11, 12
"In order to be irreploceoble, one must olwoys be different. -Coco Chonel
"Nothing is impossible. The word itself soys 'I'm possible!'" -Audrey Hepburn

Paige Phillips

Best Buddies 9, 10, 11, 12

Kelly Payne

Field Hockey: 9, 10, 11, 12C
Indoor Track: 9, 10, 11
Outdoor Track: 9, 10, 11, 12
NHS: 11,12

Sophie Belle Plotkin

Key Club: 9, 10
Peer Leodership: 11
Field Hockey: 9
Trock: 9
"Be o loner. Thot gives you time to wonder, to seorch for the truth. Have holy curiosity. Make your life worth living." -Albert Einstein

Javier Poznar

Javi

Cross Country: 9, 10, 11
Indoor Track: 10, 11, 12 Ultimate Frisbee: 9, 10, 11, 12
"Forget the sky there is no limit"

Quinn Rafferty

Swimming and Diving: 9, 10, 11, 12 Track and Field: 10,12
Cheerleading: 9 Key Club- 10
Accidentals: 11,12 India Club: 11,12
"Life is like riding a bicycle. To keep your balance, you must keep moving."
"There is no passion to be found in settling for a life that is less than the one you are capable of living."
-Nelson Mandela

Ryan Proulx

Brenna Reilly-Evans

Alpine Skiing: 9,10,11,12C
Red Cross Club: 12

"The most important thing is to enjoy your life—to be happy—it's all that matters."
-Audrey Hepburn

Sophie Psaltis

Horseback riding: 9, 10, 11, 12
Football Manager: 11, 12
Accidentals: 12
Powder puff: 12
"stay golden pony boy"
-Madison Taylor
"art thou feeling it now, mr, crabs?""

Sydney Requardt

$yd Money, Big Syd

Volleyball: 11, 12, 13, 14
Ultimate Frisbee: 12, 13, 14
Interact Club: 11, 12, 13, 14
"Waiting on the pizzle, the dizzle, and the shizzle, G's to the bizzack, now ladies here we gizzo."
-Snopp Dogg

Amanda Rabideau

Mandy, Rabs

Girl's Ice Hackey: 9, 10, 11, 12
Ultimate Frisbee: 10, 11, 12
Key Club 9, 10, 11, 12
Spanish Club: 9, 10, 11 NHS: 12
"The past can hurt, but the way I see it, you can either run from it, or learn from it."- Rafiki (The Lion King)
"No Patrick. Mayonnaise is not an instrument."- Squidward Tenticles"

Arian Richardson

Twinky

Indoor Track and Field: 9
Basketball: 10,11
Key Club: 9
Unity Club: 9, 10, 11, 12
"At the center of your being you have the answer, you know who you are and you know what you want."
-Lao Tzu
"You know it's real when you are who you think you are."
-Drake

Joseph A. Rinaldi

JoePro, Joe, Rinoldi, Nolds

Vice-President, Class of 2015: 9,10,11,12
LPS School Committee: 11,12
Media Center Tech. Asst: 9,10,11,12
New Principal Search Committee: 11
Student Handbook: 9,10,11,12
Key Club: 9,10,11,12 Mock Trial: 9
Senior Class Play: 9,12
Outdoor Track: 9,11,12

"A lot of people die fighting tyranny. The least I can do is vote against it."
- Carl C. Icahn, 1998

"...The people who are crazy enough to think they can change the world, are the ones who do."
- Steve Jobs, 1997

Emily Robinson

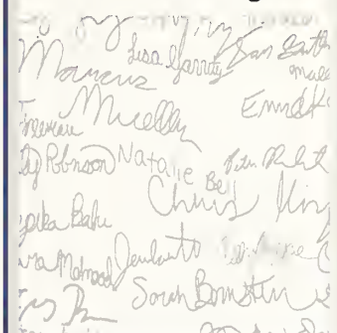
Wind Ensemble: 9, 10, 11, 12
Jazz Band: 9, 10, 11, 12
Pit Orchestra: 11, 12
NHS: 11, 12
"Creativity is intelligence having fun." -Albert Einstein

"Never look at the trombones. You'll only encourage them."
Richard Strauss

Parker Riordan

Golf: 9,10,11,12C
Basketball: 9 Stock Club: 12
J-Ball: 10,11,12
Spanish Club: 9,10,11,12,
Badminton Club:12
Senior Class Play:12
"You don't talk to me ever."
"You wanna pepperani with that slice?"
-Liam Super 7 Dunne"

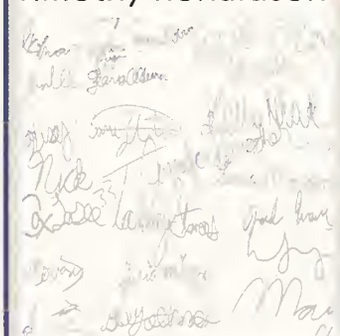
Arianna Rodriguez

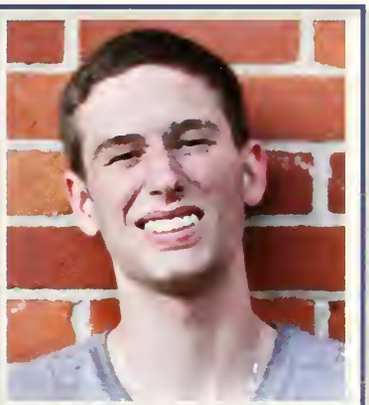


Lien Riquier

Ultimate Frisbee: 11, 12
Jet Jotter: 9, 10, 11, 12
Interact Club: 9, 10, 11, 12
Lyrics: 10, 11, 12

Timothy Ronaldson





Emma Robin

JV Volleyball: 9
JV Basketball: 9
Varsity Volleyball: 10, 11, 12C
Varsity Basketball: 10, 11, 12C
NHS: 11, 12
"All our dreams can come true if we have the courage to pursue them."
-Walt Disney

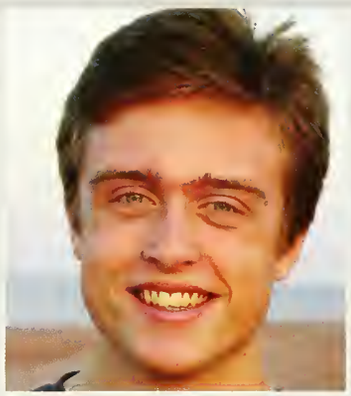
"I can't go. We have to dance it out. That's how we finish."
-Cristina Yang (Grey's Anatomy)

Zachary Rooney

Soccer: 11,12 Indoor Track: 11,12
Outdoor Track: 11,12 NHS: 11,12
Best Buddies:11,12 Key Club: 11,12

"I've failed over and over again in my life. And that is why I succeed."
-Michael Jordan

"Even if you fall on your face, you're still moving forward."
- Victor Kiam



Peter Roumeliotis

Soccer: 9, 10
Cross Country: 11, 12
Ultimate Frisbee: 11, 12
Debate: 10, 11, 12

Joseph Russo

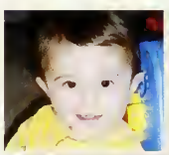
Football: 9,10,11
Frisbee: 11,12

"BANG BANG, O-BLOCK"
-Chief Keef

Melissa Rousseau

GSA: 10,11,12
Pottery Club: 10

"It's like a new pair of underwear: At first, it's constrictive, but after awhile it becomes a part of you"
-Garth Algar



Jenna Rutz

Swimming: 9,10,11,12; Orchestra: 9,10,11,12; Key Club: 9,11,12
String City Orchestra: 9,10,11,12
Choncel Choir: 9,10,11,12
Music Mentoring: 10,11,12
Youth Group: 9,10,11,12
"Senior Closs PloyYou've got to toke the good with the bod, smile with the sod, love whot you've got, and remember whot you hod. Always forgive, but never forget. Learn from mistokes, but never regret."

Ari Rubenstein

"It's all ogre now."

Dylan Rye

Football: 9, 10, 11, 12
Basketball: 9
J Ball: 10, 11, 12
Baseball: 9, 10, 11, 12
NHS: 11, 12

"I'm going to Michigon for basketball."
-Bob Sheo

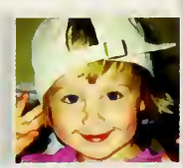
Max Rubin

Swimming: 9,10,11,12
Track: 9,10,11,12
Jewish Club:11,12 Soccer:9
Red Cross Club: 12
"The truth is, it is all your memories, the joyful ones and the heartbreaking ones that make up who you are as a person."
-Scrubs

Abbey Salvon

obsolvo

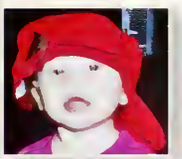
Soccer: 9, 10; Basketball: 9, 10, 11, 12
Lacrosse: 9, 10, 11, 12
Key Club: 9; NHS: 11, 12
"All our dreams can come true, if we have the courage to pursue them."
-Walt Disney
"Some people want it to happen, some wish it would happen, others make it happen."
-Michael Jordan



Bri Santaniello

Basketball: 9, 10, 11, 12
Volleyball: 9, 10, 11, 12

"Keep Calm & Carry On"



Joseph Santaniello

Joe, Jaey
Faatball: 9, 10, 12
Lacrasse: 9,10,11
Track: 12

"This sticker is dangeraus and incanvenient, but I da lave fig newtans" -Ricky Babby

"He wha is nat caurageaus enaugh ta take risks will accamplish nathing in life."
-Muhammad Ali

Carly Santiago

Cross Country 9, 10, 11, 12
Indoor Track 9, 10
Ultimate Frisbee 9, 11
Track & Field 10
Lyrics 11, 12
Accidentals 10, 11, 12
French Club 9, 10, 11, 12
NHS 11, 12

"Consistency is the last refuge af the unimaginative."
- Oscar Wilde

Ryan Sarno

Football: 9, 10
Acafellas: 11, 12;
Lyrics: 10, 11, 12

"We are tied ta the acean. And when we ga back ta the sea, whether it is to sail ar ta watch- we are gaing back from whence we came."
- John F. Kennedy

Cecilia Schirmeister

Saccer: 9; Ultimate Frisbee: 11
Lyrics: 10, 11, 12
Accidentals: 10, 11, 12
NHS: 11, 12
Senior Class Play

"A day without laughter is a day wasted."

"YOU'RE ALL CHEETAH-LICIOUS."

Jennie Schmuter

Jen, Baam Baam
Valleyball: 9, 10, 11, 12
Softball: 9, 10, 11, 12
Table Tennis Club: 11, 12
Yearbook Club: 12

"Jennie Boom Boam, hat 93.7, tell em' why yau mad."

Sami Schneider

Soccer: 9, 10
Lacrasse: 9, 10
Basketball: 10
Track: 11, 12

"You can't appreciate the good times without the bad anes"
-Beyoncé

Marissa Schwartz

Cross Caantry: 9, 10, 11, 12C
Swimming: 9, 10, 11, 12C
Tennis: 9, 10, 11, 12C
French Club: 9, 10, 11, 12
Debate: 9
Key Club: 9, 10, 11, 12
NHS: 11, 12

"Out of suffering have emerged the strangest sauls; the most massive characters are seared with scars."
- Kahlil Gibran

Angelina Scolari

Jordan Scott

Kyle Seabury

"If you don't go out there and sin, Jesus will have died for nothing"

"The more I learn about people, the more I like my dog"
-Mark Twain

Michael Sedergren

David Sell

Sell

Basketball: 9, 10, 11, 12
Football: 9, 10, 11, 12C
Best Buddies: 11, 12; NHS: 11, 12
Christian Prayer Club: 9, 10, 11, 12
Concert Band: 9, 10; Lyrics: 12
"I just work here."
"I can do all things through Christ who gives me strength."

Emmett Shea

Patrick Shea

Robert Shea

Baseball: 9, 10, 11, 12
Indoor track: 11

"All the darkness in the world cannot extinguish the light of a single candle"
- St. Francis of Assisi

Katie Sheehan

Saccer: 9, 10; Lacrasse: 9, 10
Volleyball: 11, 12
Indoor Track: 11
Track and Field: 11, 12

"Things turn aut best for people wha make the best out of the way things turn aut."
-John Woaden

"Have fun. Try hard."

Patrick Smith

Spanky

Faatball: 9, 10, 11
Baseball: 9
J Ball: 10, 11, 12

"Hard wark beats talent when talent fails ta wark hard."

Tempe Shrenker

Icantari: 10, 11, 12
Accidentals: 10, 11, 12
Lyrics: 10, 11, 12

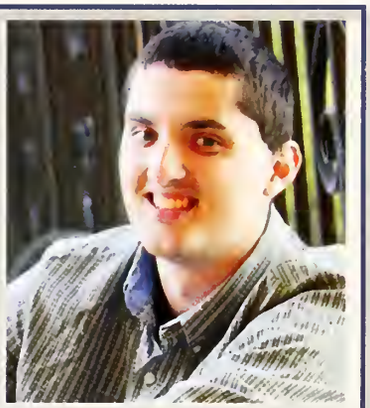
"We'll do it tomorrow."

Jordan Sousa

Foatball: 9,10
Asian Studies: 12

"There are na desperate situatians, there are anly desperate peaple."

"Stap saying yolo"

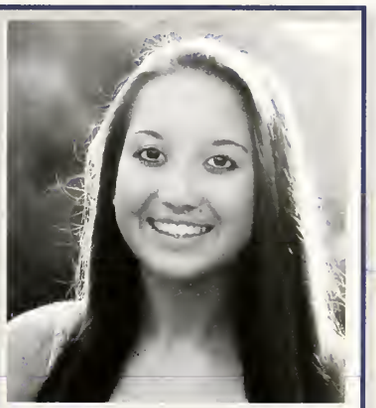


Sabrina Siciliano

Tammy Stevens

Soccer: 9
Track: 10,11
Ultimate Frisbee: 10, 11, 12

"Every day is a new beginning, take a deep breath and start again."



Michaela Smith

Mickey

Soccer: 9, 10, 11, 12
Basketball: 9, 10, 11, 12
Lacrosse: 9, 10, 11, 12
NHS: 11, 12

"I want candy"
-Aaran Carter

Jillian Stockley

Jill, Stock

Saftball: 9, 10, 11C, 12C
Basketball: 9
Key Club: 9, 10, 11, 12
Powder Puff

"Yaur saul is like an appendix. I dan't even use mine."
-Michael Kelsa

Isshiah Stone

Isshy Boo
Pottery Club

"The flower that blooms in adversity is the rarest and most beautiful of all."

Jordan Tariff

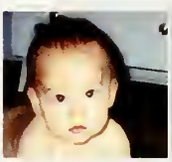
BBYO: 10, 11
Football: 9, 10, 11, 12
Trock: 12
JBall: 11, 12
Table Tennis: 11, 12
"Lets see it! Sure thing!"

"Toriff is woy to othletic, he's destines to be something big" -Everyone

Connor Strain

Football: 9, 10; Indoor Trock: 10, 11, 12
Outdoor Trock: 10, 11, 12
Jazz Band: 11, 12

- Ron Burgundy
"When you reach the elite level, 90 percent is mental and 10 percent is physical. You are competing against yourself. Not against other



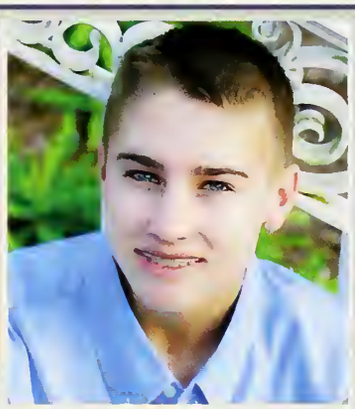
Madison Taylor

Maddog

Soccer: 9,10,11,12
Swimming: 10; Outdoor Track: 12
Christian Prayer Club: 11,12
Powderpuff

"Jesus take the wheel."
"If you ain't first, you're last."

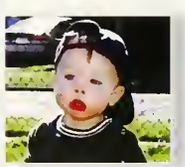
- Ricky Bobby



Collin Strassburg

Juicebox, Strassboom
Football, Wrestling
Track & Field, Key Club

"Nearly all men can stand adversity, but if you want to test a man's character, give him power". -Abraham Lincoln"



Jonathan Teixeira

Laura Szczepanek

Lo
Indoor Track: 9
Interact Club: 9
Towanda:11
NHS:11

"Everything in the world is exactly the same" -Kanye West

Erinn Temple

Drew Termine

Zachary Tetreault

Baseball: 9
Indoor Track:9, 10, 11, 12
Outdoor Track: 11, 12
Key club: 9, 10
Stock Club: 11, 12

"Don't Dreom Your Life, Live Your Dreoms"

Jeffrey Thor

Vorsity Tennis: 9, 10, 11, 12
Indoor trock: 10, 11
Key club: 10, 11 Senior closs Ploy
"Speed hos never killed onyone, suddenly becoming stotionory, thot's whot gets you." - Jeremy Clarkson.
"Jeep is Americo's only reol sports car." - Enzo Ferrari

Alexa Tranghese

Lex

Soccer: 9, 10
Indoor Trock: 9, 10, 11, 12
Outdoor Track: 9, 10, 11, 12

"It's not whether you get knocked down, it's whether you get up." - Vince Lombardi

Emily Tyler

Moyor of Longmeodow

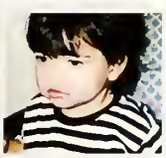
Best Buddies: 11, 12
Drama Club: 12
Track and Field: 11

Alexander Vahadji

Vahad, Vahadi, Hadji, Vihad, Hadj, Veeg, Vasquigi, Vahagis, Alex

Football: 9, 10, 11, 12
Boseball: 9
Trock: 11, 12

"Goodbye everyone. I'll remember you oll in theropy." -Plonkton



Emily Valencia

Cross Country: 9, 10, 11, 12C
Indoor Trock: 9, 10, 11, 12C
Outdoor Trock: 9, 10, 11
NHS: 11,12

"The best woy out is olwoys through." -Robert Frost

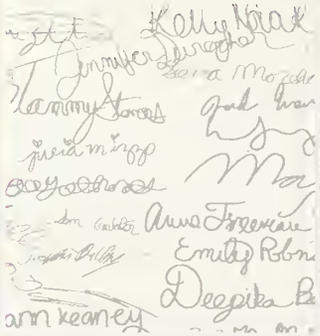
Derek Vien

JCC Basketball: 9, 10
Indoor Trock: 9
Key Club: 11, 12

"Chipotle is better than Mae's"

"I genuinely want to da my best every day, and I genuinely want to enjoy life every day" - Landon Donovan

Matthew Vien



Sarah Whitney

swhit

Softball: 9, 10, 11C, 12C
Red Cross Club: 12 Key Club: 9, 11

-Edna Mode
"Then as it was, then again it will be. Thought the course may change sometimes, rivers always reach the sea."
-Led Zeppelin

Dylan Walker

Dwalks

East Asia Club: 9, 10, 11, 12P
Key Club: 11, 12
Ping Pong Club: 11, 12
Social Justice Club: 12
"In times of difficulty we must not lose sight of our achievements, must see the bright future and must pluck up our courage."
-Mao Zedor

Rachel Woods

Field Hockey: 9, 10, 11, 12
Indoor Track: 9, 10, 11
Lacrosse: 9, 10, 11, 12
SADD: 12

"I have never taken the high road, but I tell other people to cause then there's more room for me on the low road."
-Aziz Ansari

Gordon Walker

Varsity Soccer: 12

"Nun te preoccupa, mo je faccio er cucchiaio"
-Francesco Totti

Hannah Woolsey

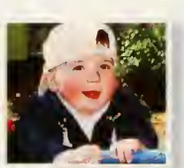
Crass Cauntry: 11
Art Club: 10, 11, 12
Enviranmental Club: 11, 12
East Asia Club: 10, 11, 12

"I see naw that the circumstances af ane's birth are irrelevant; it is what yau da with the gift of life that determines who yau are."
-Mewtwa

Evan Wetstone

Westone, Wetrock, Dryrock, Ev

Lacrosse: 9, 10
Indoor: 11, 12 Outdoor: 11, 12
Acafellas: 11, 12 Lyrics: 10, 11, 12
Class Play: 12
"Pip pip da doodly doo"
-Drake and Josh



Yu, Hsin-Yu

Vivian Yu

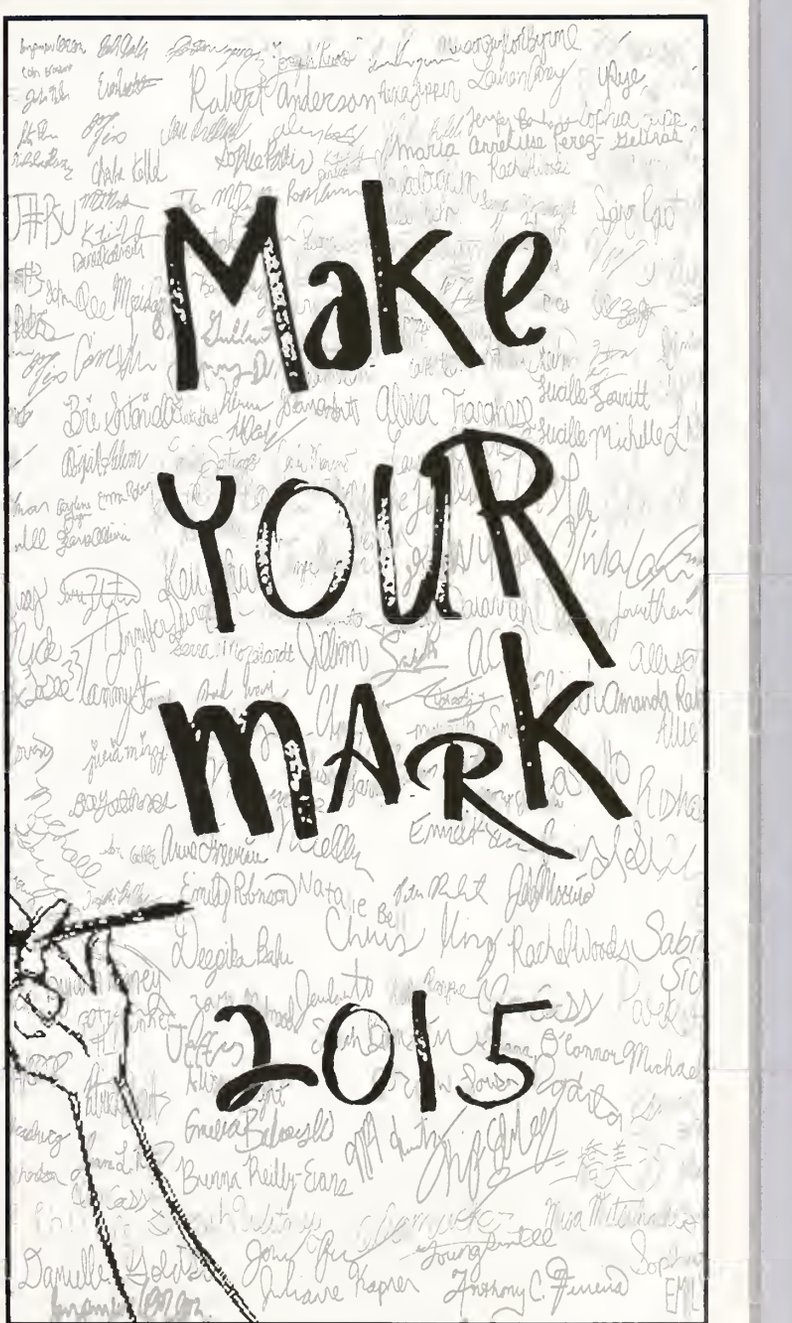
Interact: 9, 10, 11, 12
Math Team: 9, 10, 11, 12
As Schools Match Wits: 9, 10,11, 12
Debate Team: 9, 10, 11, 12
Impressions: 9, 10, 11, 12
NHS: 11, 12
Tri-M: 12

Christopher Grogan

Karen Zdonick

karebear

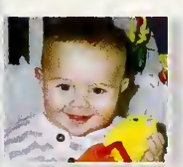
GSA
Art Club
Pottery Club
"Smiling, lauhging, and putting others before yourself will always make life better for the world.



Alexa Zippin

Zip, Zippy

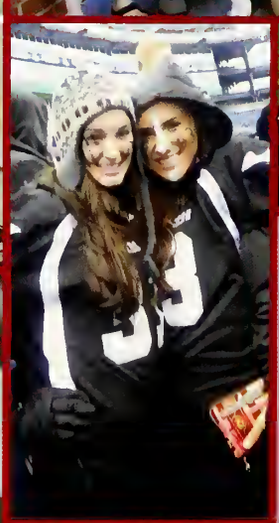
Swimming: 9, 10, 11, 12
Frisbee: 9, 10, 11, 12
Key Club: 9, 10, 11
Accidentals: 12
"You can tell how smart people are by what they laugh at."
-Tina Fey



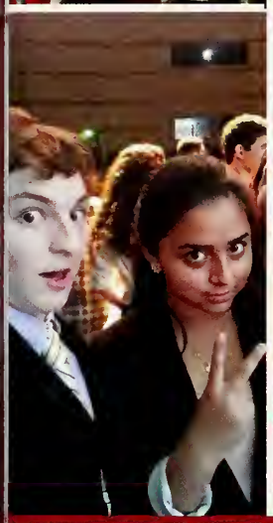
Jami Zolotor

Best Buddies: 9, 10, 11, 12
Key Club: 9, 11, 12 NHS: 11, 12
Change In Actian: 11, 12
Palitics Club: 11, 12 Madel UN: 11, 12
Seniar Class Play Directar: 12'
"Be wha yau are and say what yau feel, because thase wha mind dan't matter and thase wha matter dan't mind."
-Dr. Seuss

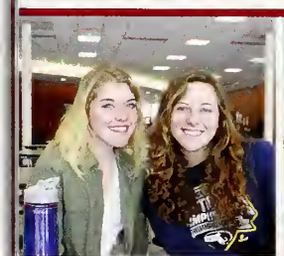
"There are two things that should never be done alone: knitting, that's a team sport, and making meaningful memories. Because of the people in this class, I have had to do neither of these by myself. As in Jenga, we are only as strong as our foundations. This class has provided us with a foundation on which to build lives that will affect change in our communities and beyond. Together, and with a firm foundation, we will build an endless Jenga tower, and that will change the world."-Jonathan Mack

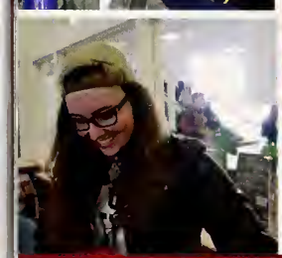


"From freshman year, our class has been different from the others. We started with our "12.2 Neon Boom," the first freshman dance in nearly a decade. From there we set ourselves a standard of excellence which guided the performance of all our future events. This all culminated with Senior Class Play, which was one of the most successful in LHS history. Over the course of our four years here, we left our mark on this school. We turned "MAKE H15TORY" from a cheesy slogan, into our defining tag line." - Joseph A. Rinaldi



MAKING H15TORY





"Like a fine wine, or Meryl Streep, or Anderson Cooper, our class has certainly improved with age. I am so proud to have been your President over these four years. We've had many firsts, something that undoubtedly was a result of your unwavering excitement for and support of your class officers. I am so fortunate to have been able to spend my high school career getting to know all of you. I can't wait to see your achievements years from now. Let's take the world by storm. Someone invent a toaster strudel that doesn't remain frozen in the middle." -Anthony Ferreira

SENIOR SWAG

Best Musician

Michael Chen and Emily Robinson

Class Hipster

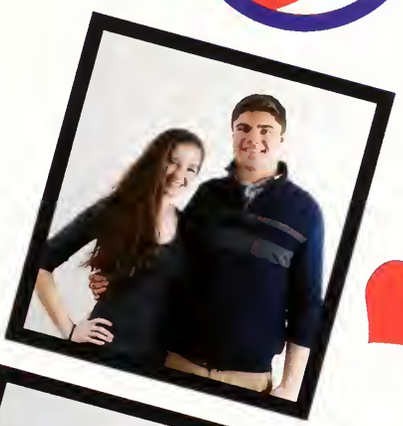
Ryan Sarno and Katie Baker

SUPERLATIVES

Best Bromance

Dan Kofman and Chase Hussey

Class Couple



Amanda Rabideau and Conrad McCarthy

SENIOR

Kurtis LeDuc and Tim McGann

Lancer Superfans

GO TEAM

Cynthia Camacho and James Heemskerk

Best Voice

SUPERLATIVES

Most Likely to be Late and Sleep in Class

Brian Chung and Chris King

Best Smile

Madison Taylor and Nick Losee

2cool 4school

SENIOR

Most Likely to Stay in Longmeadow

Cassie Cieplik

Best Looking

Emily Valencia and Nick Crews

SUPERLATIVES

Friendliest and Biggest Boss

Cecilia Schirmeister and Gavin McAfee

BOSS

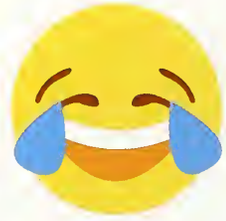
Best Eyes

Rachel Woods and Jackson Nolan

SENIOR

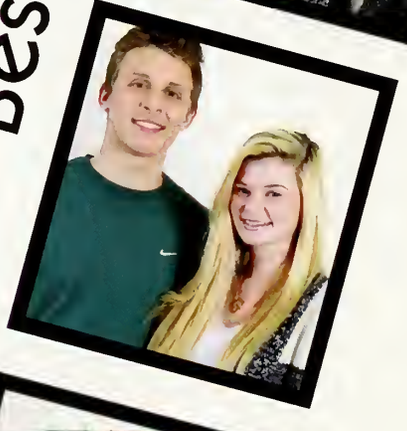
Most Likely to be a Reality TV Star

Alexa Tranghese and Nick Crews



FIERCE

Best Hair



Ashley Denmark and Dan Kofman

SUPERLATIVES

Class Prep

Cassie Cieplik and Zack Tetreault

Best Athlete

Ally Mishol and Conrad McCarthy

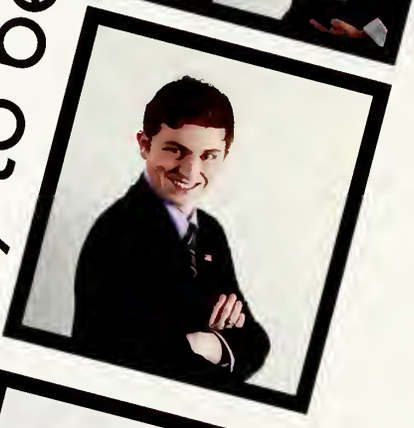
Lizzy Pulitzer®

SENIOR

Class Couple That Never Dated

Nick Losee and Jill Stockley

Most Likely to be a CEO



Sanji Johari and Joseph Rinaldi

BESTIE

SUPERLATIVES

Best Dressed

Zack Tetreault and Lauren Padilla

swagger

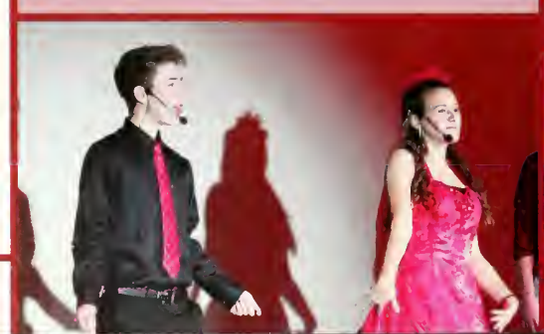
Most Likely to Teach in Longmeadow

Connor Ostrander

Senior Class Play

"you're standing center stage, spotlight lighting you up; you have an entire audience hanging onto every word you're saying -- every emotion you're feeling -- and it's the most incredible experience, knowing that in just your words and actions, in a three minute song, you can create an entire new world."

Sophia Lipp



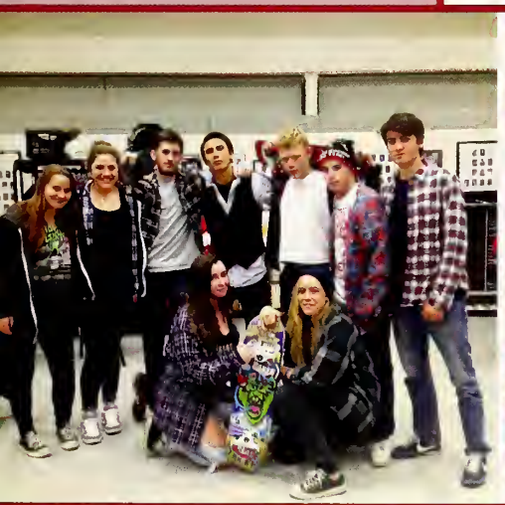
High School Musical

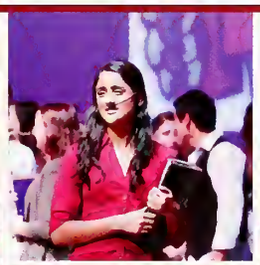
"A lot of long sleepless hours went into this show, but it was all worth it on opening night. Seeing everyone and everything come together was amazing."

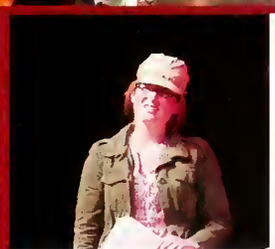
Tempe Shrenker

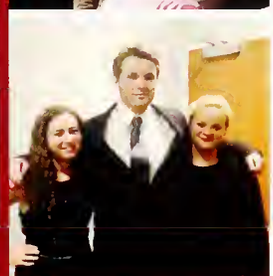
2015: Setting New Standards

This year the Senior Class Play experienced unparalleled success. The show completely sold out on Friday night; the auditorium passed its maximum capacity. Director Tempe Shrenker says "hard work of the producers, who made sure that everyone in Longmeadow knew about the Senior Class Play." The producers were Alec Barkett, Sanji Johari, and Max Rubin, later accompanied by Joseph Rinaldi, were integral to the financial success of the play. The goal of the producers was to make the play a town event not just a high school event like previous years. The producers organized a tour of the elementary schools with performances from leads, and publicized during town meetings, as well as put up lawn signs all over the town. The efforts of the producers paid off greatly, the house was nearly sold out on Thursday and, and completely sold out on Friday. The financial success was only a part of the overall success. Director Jami Zolotor credits the success of the performance to "the way that everyone came together to support the people involved in the play," and of course the hard work of the actors and directors themselves. The actors and directors spent their evenings at school five days a week for two months, not to mention sacrificing their their Saturdays. Zolotor says that "It felt like most time out of school was either in a meeting about the play or a rehearsal," but that amount of dedication was necessary to create such a great show. The biggest success of the Senior Class Play was how close it brought our class together, Producer Max Rubin says "everyone from the extra with no lines to the leads cared deeply about the plays success and put their all into it." The play generated over $10,000 in profit, featured amazing and dedicated leads, and enthusiastic extras. The play was truly a team effort and great reflection on the positive attitude of the Class of 2015.









Photos courtesy of Matt Pazza '17

Juniors

Musical Talent Shines in Junior Class

Elli Barkett

Tropical Evergreen was a band that started out as a joke, but ended up being something much more. It included Jack Carroll, Ryan Cove, Zach Johns, and Ian Cass, with guest appearances starring Rocco Casaceli, Billy Gordenstein, and Harry Gordenstein. After introducing their first song to the public, the band got a reaction they weren't expecting, people loved them! So they decided to make an album of 10 songs. It was added to soundcloud and was available for purchase. Afterwards, a second song was created and the band received 5,000 overall plays. The band now had so many fans, the crew decided to create t-shirts for sale. Unfortunately, a parent of one of the members stumbled upon their work on Facebook. The parent, did not think the songs were appropriate, and informed the other parents. The parents all concluded that the band would come to an end. Although the band is broken up now, their story will be heard and Tropical Evergreen will live on...

Abigail Adams
Jack Appleman
Jacqueline Aron
Madeleine Aseltine
Tiernan Ashe
Emerson Azevedo

Molly Bajek
Savannah Baran
Anthony Barbieri
Elli Barkett
Kevin Barrett
Stephen Barrett

Deirdre Barry
Emily Beaulieu
Rachel Bechard
Taryn Berte
David Bogdanis
Jude Bonavita

Tyler Boyle
Mary Bradshaw
Margaret Brennan
Christopher Bresnahan
Sarah Brown
Seth Brunell

Amanda Callaghan
Alexander Callan
Ryan Carmody
John Carroll
Anthony Caruolo
Rocco Casaceli

Marya Casartello
Marisa Chamberland
Isaac Chase
Ryan Chwalek
Rico Cocchi
Jesse Cohen-Lindfors

Anastasia Cole
Caitlin Coleman
Craig Conklin
Seth Conklin
Ryan Connelly
Phillip Cooper

Joshua Correira
Jill Corrigan
Jonathon Cosenzi
Emily Coughlin
Ryan Cove
Madeline Crocker

Miles D`Entremont
Julia Dash
Rebekah Davis
Colleen DeNardo
Joseph Deshaies
Naomi Diaz

Tyler Ditmar
Sofia Donskaya
Erin Durkin
Allison Echeverria
Scott Elder
Suzanne Elfman

A Common Passion

Camryn Boutin & Jen Barnhart

Sarah Brown, Katherine Strain, Kate Siegel, Ally Quirk, Sarah Weinberg and Lily Wagner all share a common passion for horseback riding. Early on in their childhood, after taking their first lessons they became fond of horses and discovered their lifelong hobby. Horseback riding teaches many valuable life skills like " having patience when things become tough, responsibility, and most of all the hard-working skills that are necessary to reach your next goal." With college around the corner, Kate Siegel plans on continuing her riding career in the coming years, and Lily wishes to go Division 1 equestrian at Auburn University while Katherine and Sarah wish to keep horseback riding as a lifelong hobby. Sarah Weinberg has been horseback riding for 13 years. Sarah's parents thought horseback riding would be a fun hobby for her to grow up with. She owns Nook, a 16.2 hh Hanoverian Gelding. Nook and Sarah compete in local shows together at least twice a month. Her specialty is showjumping. Sarah trains every day at Temple Farm in Hampden, Massachusetts. Horseback riding has been an amazing part of her life from an early age. "It's great to feel the growth in relationship between my horse and I" says Sarah. Ally Quirk has been horseback riding and appearing in shows since the young age of eight. She currently rides at Temple Farm in Hampden, Massachusetts and is taught by a few different trainers. Ally is a proud owner of Scarlet, a chestnut, thoroughbred mare. Scarlet's show name is "Cherry on Top" and in the Fall of 2014, Ally will have owned her for a year. Ally has been showing for six years, and has made appearances in the hunters, jumpers, and equitation classes.

Sarah Brown

Ally Quirk

Katherine Strain

Kate Siegel

Lily Wagner

Sarah Weinberg

Nicholas Erwin
Vasken Fereshetian
Daniel Fernandes
Allen Finn
James Fisher
Timothy Fitzgerald

Emma Frankel
Meghan Franz
Rachel Franz
Joseph Fratini
Justin Frechette
Katherine Fydenkevez

Kyle Gagne
Teah Garibian
Shaylee Geier
Nicholas Gentile
Abigail Giampietro
Abigail Glick

Nicholas Goldaper
Alexander Goldberg
Sarah Goldstein
Kyle Goodrich
Harry Gordenstein
William Gordenstein

Joseph Gouvin
Lauren Granger
Isaac Greenberg
Nathan Guthrie
Sarah Hachadourian
Logan Haldopoulos

John Hanson
Grady Harris
Matthew Harris
Sabrina Hildreth
Cassondra Hill
Mark Hiltpold

Ricardo Hinds
Katherine Holliday
Erica Horowitz
Jeffrey Hottin
Alec Houff
Colin Hurley

Kevin Hussey
Colin Ireland
Emily Ishak
Jake Jackowski
Thomas Jeanis
Sara Jenkins

Zachary Johns
Christine Johnson
Cordelia Jones
Trevor Joyal
Mary Joyner
Noah Kalman

Katie Kang
Riley Kelleher
Meredith Kennedy
Samantha Kennedy
Emma Keyes-Mard
Michelle Kim

Jacob Kimball
Peter King
Jennifer Krahala
Emily Kratovil
Emma Kristoffy
Nikolas Lachiusa

Audrey Lai
Julia Langone
Elise Lemay
Christopher Leslie
Max Levin
Jerrica Li

Emily Libowitz
William Lukas
Michael Luongo
Connor MacLelland
Cameron Mailman
Zulfiqar Manzi

Garrett Marchant
Sarah Marchese
Riley Marino
Nicholas Maurer
Peter Maziarz
Devan McAndrews

Colin McClure
Jessica McColley
Caroline McCoy
Maura McCoy
Daniel McLaughlin
Ally McQuade

Kayla Mernoff
Christopher Miller
Olivia Minardi
Leah Mitchell
Andrew Moody
Hailey Moseman

Sarah Most
Benjamin Muhlmann
Kylie Mulcahy
Dominique Napoli
Aditi Nimbalkar
Aaron Nolan

Jordan Nunley
Marquis Nunley
Ryan O`Connor
Mary O`Reilly
Katherine O`Shea
Samuel Paleologopoulos

Nolan Pandolfi
Olivia Panetti
Katherine Paquette
Alexander Perkins
Benjamin Perruccio
Danielle Pierson

Matthew Pierson
Siena Porcello
Zachary Posnik
Campbell Powell
Allyson Quirk
Christopher Reed

Courtney Reggiannini
Aaron Richardson
Monica Rivera
William Robear
Benjamin Robinson
Jacob Roy

Matthew Ruyffelaert
Maxwell Rye
Casey Samuelson
Dominic Santaniello
Nicholas Santaniello
Isabella Santos

Max Schepps
Jeffrey Schmelkin
Lisa Schmelkin
Alexander Schneider
Benjamin Schneider
Samuel Schwartz

Sara Sciarrino
Sara Settimio
William Shao
Olivia Shapiro
Alexandra Shea
Nicholas Shelley

Harrison Shrair
Kate Siegel
Elizabeth Sinclair
Kayla Sitler
Benjamin Skiest
Abigail Solomon

Christiana Stamas
Tia Stathis
Paul Sterritt
Lauren Stone
Katherine Strain
Jessica Strassburg

Zachary Strempel
Maxwell Stukalin
Grace Sullivan
Olivia Sullivan
Joseph Swanson
Rebecca Szlajen

Jack Tabb
Michael Tabb
Olivia Tanzer
Molly Tobias
Matthew Trainor
Seth Travers

Junior Works on Democratic Campaign

Sanji Johari

This summer Seth Wernick volunteered for Eric Lesser State Senate campaign. He wanted to help Mr. Lesser's campaign even though he could not vote. His work on the campaign mostly involved "basic tasks such as making phone calls and labeling envelopes," but some days he was also able to go canvassing or do something more unique. For instance, once Seth accompanied Mr.Lesser to a radio interview. Seth also went canvassing going door-to-door and answering questions and explaining Mr.Lesser's policies. Seth found this the most "interactive." Seth said, this taught him how to "synthesize a lot of information into a clear and concise description in an attempt to convince a complete stranger of a concept [he] was presenting," an invaluable skill set. Seth also helped set up and run events along with other volunteers, including Jake Jackowski, and Jerrica Li. Although he does not wish to go into politics, Seth still learned a lot from his internship. He learned how to effectively organize and operate a project. Seth went into this internship expecting a tough and strict environment, but was surprised by the relaxed and welcoming environment he was met with.

Steven Truong
Bruce Tyler
Alexandra Udell
Larissa Valdes
Anne Volk
Brett Vuori

Lillian Wagner
Zachary Wahrman
Sydney Walt
Matthew Walthouse
Michelle Waslick
Jonathan Weil

Sarah Weinberg
Seth Wernick
Vincent White
Lauren Willis
Brianna Winkler
Raivan Wray

Mia Wysocki

CLASS OF

TWO THOUSAND AND SIXTEEN

Patrick Abad
Elijah Acevedo
Eric Adams
Jack Alberici
Lindsay Allard
Tanner Allen

Matthew Allsop
Isabelle Anderson
James Anderson
Emily Anfang
Michael Asinas
Madison Azevedo

Cambria Barkett
Olivia Barkett
Courtney Barrett
Maria Barrett
Patrick Barrett
Julia Barron

Benjamin Belyy
Lilliana Benmosche
Matthew Berardi
Daniel Berg
Samantha Bernardi
Samuel Betancourt

Zachary Biron
Benjamin Black
Riemke Bouvier
Elizabeth Brill
Zachary Brody
Emily Brown

Shayla Coughlin

Skills to Last a Lifetime

Emily Tyler, Paige Phillips, and Patrick Shea are all part of the Life Skills program in room 232. The program includes all academic classes, and important life skills that promote independence. They are all upper class men that enjoy hanging out with friends, helping find solutions to problems, and having fun.

The Life Skills program is a fun and important program which has been incorporated in their school day. This program focuses on important abilities; like cooking, cleaning, organizing, and cooperation. Emily’s favorite part of the program is “helping out with cafÃ© 232,” a cafÃ© that is put on by the students and teachers of room 232 every Friday morning. This Friday event is open to anybody in the high school. Paige’s favorite part of the program is “helping with the cooking, and helping her friends find solutions to problems.” Another important part of the program is “helping out with different jobs, and organization,” which are also the abilities Patrick enjoys learning about. Above everything, they enjoy studying the skills that promote independence, being social and hanging out with friends. Emily, Paige, and Patrick enjoy playing games, and being around others. They are looking forward to school activities, such as the Senior Class Play, and Prom. All three look forward to continuing their involvement in extracurricular activities, like theater, best buddies, and bowling.

Patrick Burns
Nicholas Butera
Hannah Calabrese
Spencer Calabrese
Isabella Camargo
Kristopher Campbell

Mary Carroll
Molly Carroll
Jackson Carson
Jaice Cass
Jayne Chanin
Abigail Chernick

Alexander Cieplik
Michael Cooper
John Cove
Katherine Coyle
Brittney Cunningham
Julia D`Agostino

Nishal D`Souza
Haley Daigneault
Aubrey Daviau
William DeMarche
Alison Denno
Alexus DeRosier

Ethan Dhamodharan
Matthew Dibbern
Cameron Dietz
Nathan Donnelly
Jonathan Douglas
Daniel Draymore

Lauren Dunkerley
Deirdre Duquette
Stephanie Dussault
Noelle Ehrenberg
Talia Emery
Mohammad Fazaeli

Liam Fitzgerald
Claire Fitzpatrick
Kate Foley
Natalie Fontenot
Kamil Fountain
Matthew Frazer

Emily Freda
Samuel Freedman
Franco Fusco
Isabella Gandelli
Kayla Gebo
Luke Gelinas

Marguerite Gelinas
Frank Gentile
Emma Gerchberg
Taryn Gitsas
Brandon Goldberg
Jesse Goldberg

Michael Gore
Austin Griffiths
Cali Grincavitch
Nina Grogan
Theodore Gronostalski Jr
Kelsey Guevara

Luisa Gunn
Jacob Hebert
Emma Henshaw
Gabrielle Hirschkorn
William Hiser
DeAundre Hornsby

Nicholas Horowitz
Stasya Houghton
Alexander Hulbert
Gabriella Humphries
Brianna Hundley
Chloe Hunt

Marlene Jackson
Alexandra Jellinger
Bradley Jones
Carlin Joyal
Emily Kapner
Elizabeth Katsoulis

Gabriel Katz
Abigail Keane
Jordan Kei-Rahn
Jacob Kelly
Carly Kingston
Shane Kivel

Sophomore Lock-In Success

Tammy Stevens

Carl Schermeister, Vice President of the class of 2017, gave us insight into the planning of the legendary second-year event, the Sophomore Lock-In. He says that The Sophomore Lock-In planning began at the end of last year by making long term plans and reservations. The Class Officers of 2017 finalized the dates, reserved the building, and scheduled a DJ as the date neared.They also booked a bounce house for the event, keeping in style with years previous. After that, the Sophomore Class Officers went around to local businesses to gather donations, a process that took about two months. The donations were brought in 4 hours before the event from the parents. Parents and volunteers were crucial to the planning as well as execution of the event. Everything ran smoothly because of the help from the parents, teachers, donators, and the Class Advisors.

Adam Korobkov
Alissa Kowalewski
Rachael Kraez
Randall Kristensen
Joshua Kronick
Daniel Kronlund

Eric Le-Zabarsky
Charli Lee
Benjamin Lemke
Joseph Letendre
Justin Levsky
Nancy Lewonchuk

Vivian Li
Carlos Liard-Rivera
Taylor Low
Devon Lyon
Anna MacDonnell
George Mannix

Alexandria Mansfield-Clement
Raymond Manzi
Jovan Markovic
Skytiania Marshall
Logan Martin
Ashlyn McCarthy

Heidi McCarthy
Ryan McGeary
Abigail McLean
Mark Melchionna
Lucy Metz
Abbie Mokwuah

Kayla Mooney
Daniel Moore
Cole Moriarty
Gwen Moriarty
Isabella Morris
Sylvia Mueller

Ryan Nash
Samantha Nathan
Sawyer Nolan
Fiona Noonan
Kathleen Novak
Kelley O`Connell

Lily O`Connor
Michael O`Hara
Michael Orel
Christian Ostrowski
Kirtana Palreddy
Bruce Patryn

Nicoletta Pelchat
Noelle Peluso
Bailey Pennington
Griffin Percy
Brendan Philbin
Connor Phillips

Andrew Pierre-Pierre
Michael Pierre-Pierre
Logan Quinn
Emily Quirk
Amelia Rafferty
Gillian Rainville

"Our class has grown closer through the events we have done. It's awesome to be part of such a fun class."

-Carl Schirmeister

Dorianna Rennis
Maxwell Robbins
Kayla Rosario
Margaret Rosemond
Kathryn Roumeliotis
Olivia Rourke

Jordan Russell
Aniello Russo
Carl Schirmeister
Max Schneider
Benjamin Sergentanis
Louis Shenker

Taylor Shubrick
Benjamin Sierra
Leo Sierra
Justin Smith
Katherine Smith
Nicholas Smith

Elaina Stamas
Elizabeth Stelzer
Campbell Stevens
Chloe Stevens
Emily Suher
Luke Szostkiewicz

Kelly Tabb
Nicholas Taylor
Shakira Tejada
Allison Tetreault
Thomas Townsend
Brooke Travers

Caroline Tuttle
Sara Udell
Nima Vahadji
Hannah Valencia
Phillip Van
Brandon Walker

Mitchell Walker
Yi Wang
Jacob Weaver
Allison Webster
Kenneth White
Maximilian Winkler III

Delaney Woods
Haley Woods
William Wright
Korry Yam
Jason Zabarsky
Joshua Zak

Allison Zhang

CLASS OF

Two Thousand

And

SEVENTEEN

Freshmen

LHS and Cathedral Come Together

Julia Langone

Freshman, Kyra Ashe, plays defense on the Varsity Cathedral Panthers hockey team. She loves playing hockey because she likes the fast pace of the game and the feeling of being on the ice. She also said that it is uncommon for girls to be playing hockey. When asked why she started playing hockey Kyra Responded, "My older brother played hockey so my parents had me start to see how i would like it and I loved it." She has been playing hockey for ten years, which means she started at the age of four. She said that her couch would describe her as a "hardworking, aggressive and dedicated player." Kyra's favorite NHL team is the Bruins and her and her family go to many of their games.

Tyler Achatz
Thomas Acquista
Isabella Alexander
Asli Ali
Meg Amato
Agam Arora

Hannah Aseltine
Kyra Ashe
Michael Baick
Kyle Baker
Rose Bannon
Grace Barbieri

Emma Baron-Pinkowski
Grace Barsalou
Catherine Bartlett
Emilia Batchelor
Piper Beaulieu
Michael Bechard

Kruz Bednar
Ben Bennett
Shannon Bergin
Sophia Bernal
Brooklynn Besner
Katerina Betancourt

Abigail Biron
Andrew Bonavita
Luke Bonavita
Matthew Bonavita
Tess Bonavita
Kayla Bowker

Jennifer Brayton
Adam Brock
Nolan Brown
Maiah Brush
Jonathan Burger
Kelsey Burroughs

Samuel Byrne
Nick Caputo
Vincent Catanzaro
Laura Chamberlain
William Chen
Syngwoo Chung

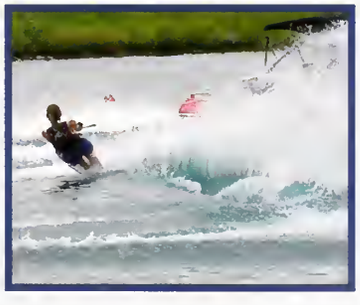
Daniel Comey
Grace Coogan
Joseph Cosenzi
Caitlin Couture
Sarah Coyle
Isabel Cummings

Nicholas Cunningham
Damiana D`Agostino
Noah Daboul
Hannah Daley
Griffin Dalton
Emily Dash

Matthew Davis
Sean Delson
Jacqueline DeMarco
Louis Demos
Lauren DeSimone
William Dion

An Uncommon LHS Athlete

Dylann Keaney



Here in Longmeadow, athletics are such an important part of the student body, and it is not uncommon to find exceptional athletes in all sports that the school offers. We are proud to say we have many exceptional and future collegiate athletes in our student body. Yet, there are many sports that sometimes go unnoticed, such as Waterskiing. Allie Erwin, a member of the class of 2018, excels in this sport, something that doesn't always get as much recognition as other sports at the school. Allie first tried waterskiing when she was thirteen years old and was hooked by the opportunities in front of her. For her, the reasons she decided to pursue the sport is because of the fact that she can "always improve in every event" and how much more she has to learn.

Although Allie is still beginning in her waterskiing career, she is a highly motivated athlete, and has many goals, from getting a few more points and feet, to qualifying for the Eastern Regional All Star team. While she is only a freshman in high school, she sees a future for herself in the sport, saying that she hopes to waterski in college, and eventually qualify for world tournaments such as the Can Am and Pan Am. LHS wishes Allie luck in all her future endeavors in waterskiing!

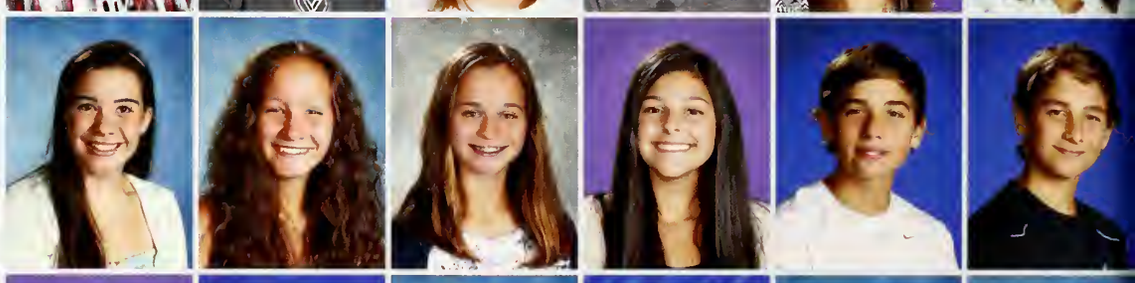
Taylor Ditmar
Janiya Dixon
Andrew Douville
Aaron Dow
Lee Duan
Ryan Duffany

Jerold Duquette
Aidan Eagan
William Echeverria
Allison Erwin
Katrina Feldman
Samuel Figgie

Thomas Fisher
John Fitzgerald
Kathleen Fitzgerald
Keating Flaherty
Bridget Fontaine
Nicole Fontenot

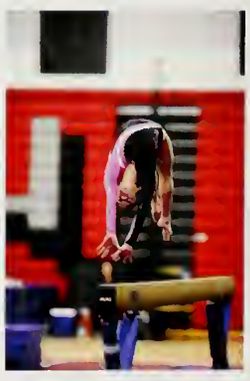
Camille Forbes
Victoria Fountain
Ryanne Fournier
Joely Frankel
Connor Franz
Matthew Franz

Natalie Frechette
Jordyn Freedman
John Freeman
Korissa Gale
Eddie Garibian
Matthew Gay



"Definitely More Than a Hobby"

Jennie Schmuter



Two students at our very own Longmeadow High School take it upon themselves to dedicate countless hours in the gym prepping their routine for competition. Natalie Horowitz and Sydney Kraez balance thirty hours of school along with practice at Daggett's Gym almost every day of the week. Their dedication is outstanding and provides us with a further understanding of the extent of their passion.

Natalie Horowitz participates in USAG gymnastics club in Agawam, MA. She practices Monday through Saturday and competes January through May. Competitions happen all around the country and the most recent meet that Horowitz participated in was in Mississippi for Junior Olympic Nationals. This has been a lifestyle for her ever since she began gymnastics at two years old and started competing at seven.

Sydney Kraez, another member of Daggett's Gym, feels the same passion for Gymnastics similar to Horowitz. She also belongs to the USAG club in Agawam. Her season lasts the same amount of time as Horowitz and she usually competes in Massachusetts or Connecticut but is not limited. She also has a hugely looked forward travel meet once a year that I located out of New England. This will be her seventh year in gymnastics but fifth year competing.

Both student gymnasts mastered time management as they maintain their schoolwork while active in the gymnastics community. This sport is not one that is easily performed. It takes hours to even begin to successfully complete a routine. They work everyday to master their routine and can agree that hard work really does pay off. Natalie Horowitz and Sydney Kraez, both members of USAG club at Daggett's gym, practice around twenty hours a week with hopes to make it big.

When asking Horowitz where she gets her motivation, she acknowledges her three coaches who push her everyday to be her best along with all of the supports of her teammates. Kraez responded slightly differently, "I mostly motivate myself to keep going because I love the sport so much to keep going." She also thanks her family, friends, and coaches for their support in everything she does. Horowitz is a level ten gymnast, which is the highest level in USAG gymnastics. Kraez is a high level nine working on her very difficult routine on the beam. When I asked Horowitz where she sees herself going with gymnastics she responds, "I hope to return to the Junior Olympic Nationals again in May and pursue the sport on a full scholarship in college." With her dedication, this seems like a reachable goal with the amount of support she has." It's definitely more than a hobby", announced Kraez. She shares a similar goal with Horowitz in that she hopes to continue gymnastics in college on a full ride. Both of these girls have attainable goals and direction. They have invested so much of their time into gymnastics and love every minute of it. Keep up with the good work! Longmeadow High School is rooting for both of you all of the way!

Ashleigh Geier
Bradford Gill
Rebecca Girshik
Joshua Glick
Max Goldberg
Gabrielle Goldberg
Garibian

Brandon Goodman
Sydney Goodman
Yasmin Goodman
Chase Gregori
Brody Haldopoulos
Patricia Hardaker

Sydney Harris
Andrew Hoag
William Hornyak
Mark Horowitz
Natalie Horowitz
Samantha Horowitz

Finnbar Hurley
Emily Ireland
Sameer Isa
Hannah Johns
Dominic Jones
Sara Jorgensen

Katelyn Joyal
Sydney Joyce
Grace Joyner
Adam Katz
Katherine Kelley
Andrew Kniska

Sydney Kraez
Maggie Kratovil
Olivia Kulig
Hannah Lavoie
Alan Lee
Ryan LeHouiller

Olivia Lemire
Brooke Leveillee
Pierce Leveillee
Harry Levin
Haley Lucier
Lorenzo Mafuz

Sophia Manzi
Steven Maree
Alexandra Marino
Sol Markman
Luke Martin
Evan Mau

Philip McBride
James McColley
Drew McLaughlin
Michael McLaughlin
Kimberly McLeod
Eric Miller

Alexa Minardi
Nicholas Mishol
Tomoaki Mitsuhashi
Kayla Mokwuah
Nicholas Molden
Daniel Moore

Margaret Moriarty
Clayton Moseman
Jeffrey Mueller
Callahan Murphy
Olivia Nash
Vincent Nguyen

Louisito Nieves
Anahita Nimbalkar
Sam Nitri
Kira Nizinski
Isabella Nolfi-Escobar
Cole Norman

Monika Nowak
Brianna O`Brien
Griffin O`Connor
Liam O`Connor
Francisco Oh
Gardner Olson

Meg Omer
Hannah Orujev
Rose Paadam
Robert Panetti
Nicole Pechulis
Nathan Pen

Stephanie Perkins
Erin Perna
Regan Perry
Zachary Peterson
Shannon Plankey
Nico Podgurski

Eaman Porcello
Tamira Powe
Alexander Preston
Jared Proulx
Ethan Purrington
Alison Reggiannini

Michael Reyes
Grace Rhodes
Alexander Rivard
Spencer Robbins
Joshua Roy
Rafael Rubenstein

Dominik Russo
Amelia Ryan
Conor Ryan
Liam Ryan
Michaela Ryan
Emily Salwen

Matthew Sambor
Joseph Sanchez
Giovanna Sarno
Christopher Scheidecker
David Schwartz
Mark Scolari

Vasif Shah
Eugene Shao
Patrick Shea
Jordyn Shubrick
Ashley Simmons
Thomas Simmons

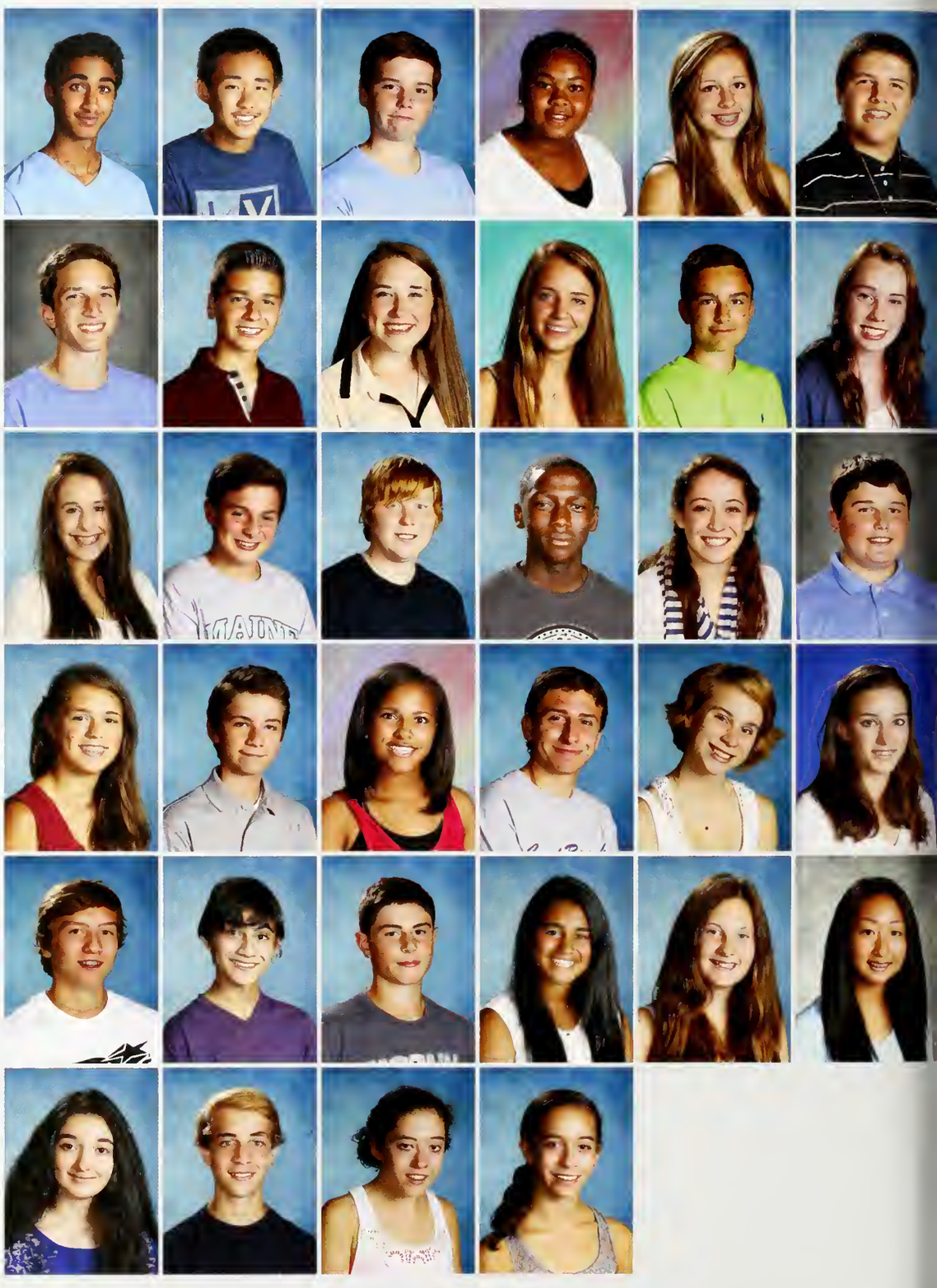
Noah Skole
Luke Stathis
Kathryn Stocks
Morgan Strassburg
Tatum Sullivan-Bowler
Meghan Swanson

Valerie Symonds
Daniel Szczepanek
William Tessier
Tyler Thomas
Leelle Tyler
Ari Vazquez

Meredith Viens
Ari Vinyard
Takara Weir
Max Weissman
Garnet Welch
Ellery White

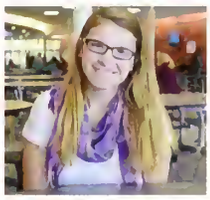
Brian Wiles
Jonathan Williams-Estevez
Joseph Wint
Chloe Wray
Julia Wright
Amber Wu

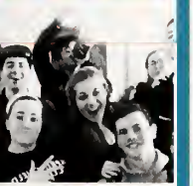
Stephanie Zavalunov
Jared Zippin
Alexandra Zolotor
Casey Zolotor

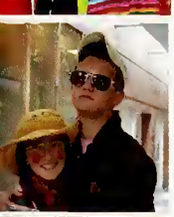


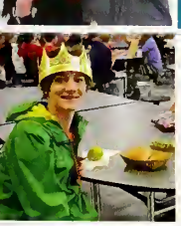
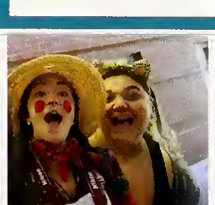
CLASS OF

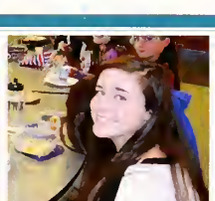
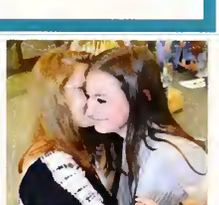
Two Thousand And Eighteen







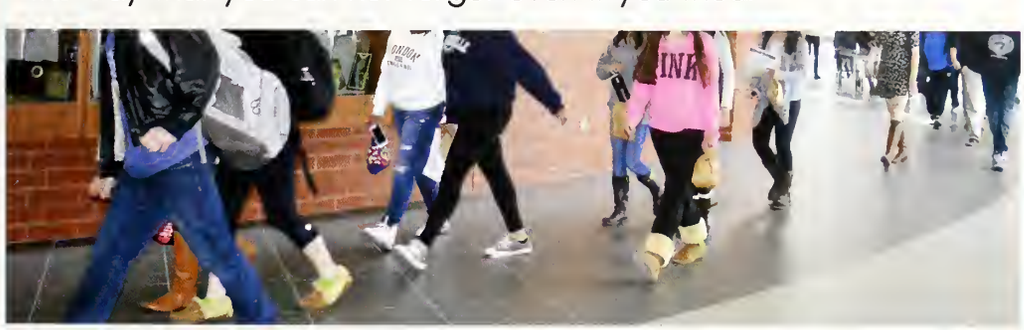



"Its not the days in your life you'll remember, it's the memories. "

STUDENT LIFE

Student life is what happens in between classes. It is the things you see as you make the long journey from English to Marketing. Boys yelling from the top of Seminar C, girls going in and out of the bathrooms, concerned teachers talking to one of their students, a scared freshman not knowing were to go, someone dropping all there books on the floor, a teacher spilling their coffee, a student rushing to their next class while flipping through a stack of note cards, groups of friends parading through the hallway as if it were a runway, a boy gathering up confidence to ask the girl he likes to prom, secret trips to the nurses office and making up excuses of why you are late to class. Student life is the memories you make during the day that you can not forget even if you tried.



JUNIORS

CLASS OFFICERS

2016

President

Jake Jackowski

Vice President

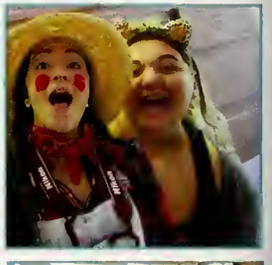
Ryan Cove

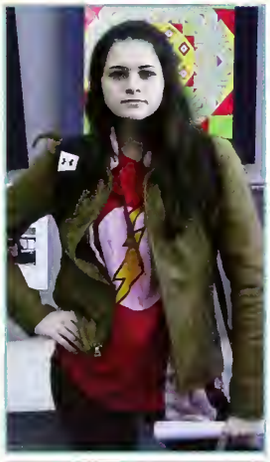
Secretary

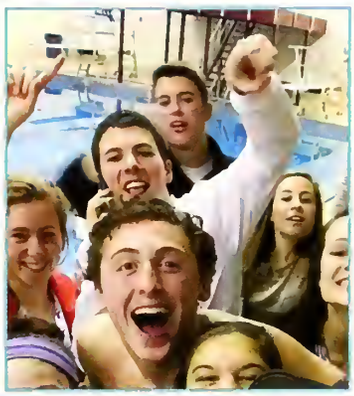
Madeleine Aseltine

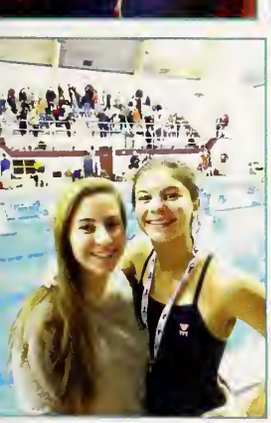
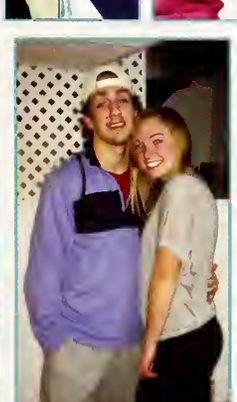
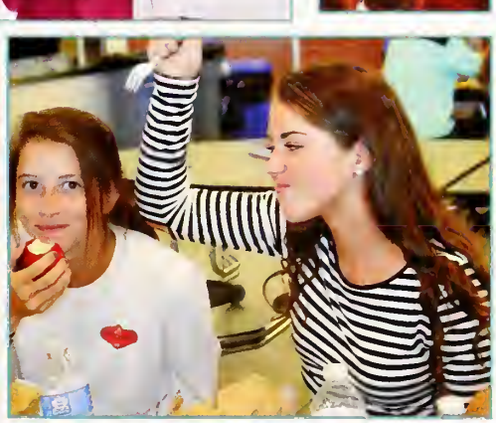
Treasurer

Ben Skiest







SOPHOMORES

CLASS OFFICERS

2017

President

Kristopher Campbell

Vice President

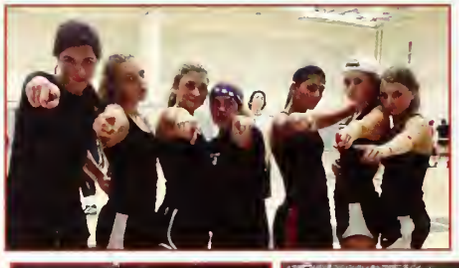
Carl Schirmeister

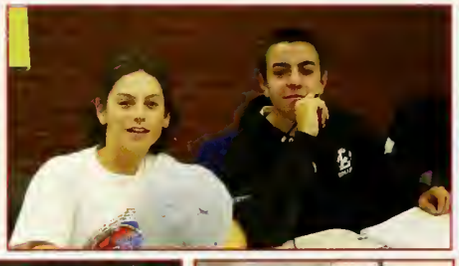
Secretary

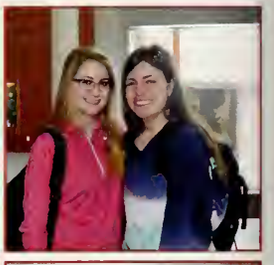
Nicholas Taylor

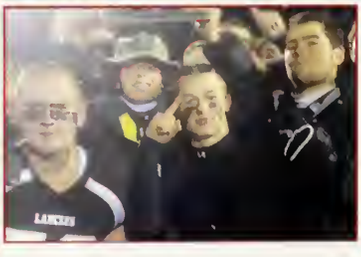
Treasurer

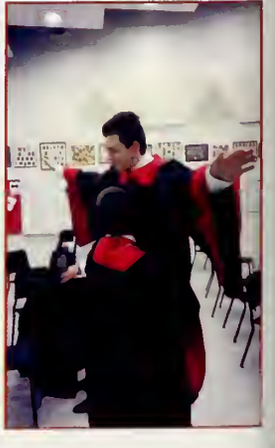
Jordan Kei-Rahn











FRESHMEN

CLASS OFFICERS

2018

President

Michael Reyes

Vice President

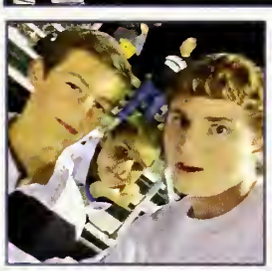
Jared Zippin

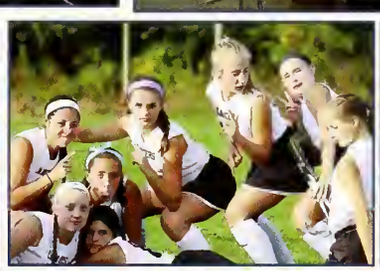
Secretary

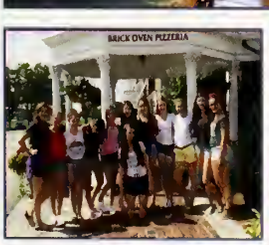
Eddie Garibian

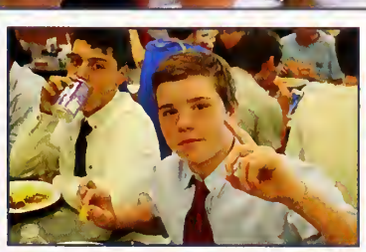
Treasurer

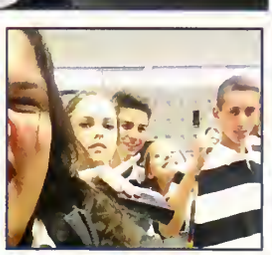
Francisco Oh











Longmeadow High School Faculty 2015

Manny Abbott
Suzanne Baker
Jayne Berman
Julie Betancourt
Maureen Cadieux

Deborah Callahan
Melissa Candon
Erin Corbett
Mark Cormier
Lauren Crafts

Karen Cuthbert-Mikalunas
Michael Czupryna
Susan D`Agostino
Carol Daigle
Jennifer Daly

Mary Beth Davis
Kelsey Deary
John Devine
Somantho Digiovonni
Mary Ellen Dillon

Poul Dunkerley
Lisa Efstratios
Kathleen Epaul
Barbara Ezer
Katyo Fedorov

is the supreme art of the teacher to awaken joy in creative expression and
nowledge.

Albert Einstein

Laurie Ferreira
Gideon Fischer
Christina Fisher
James Flaherty
Matt Flanagan

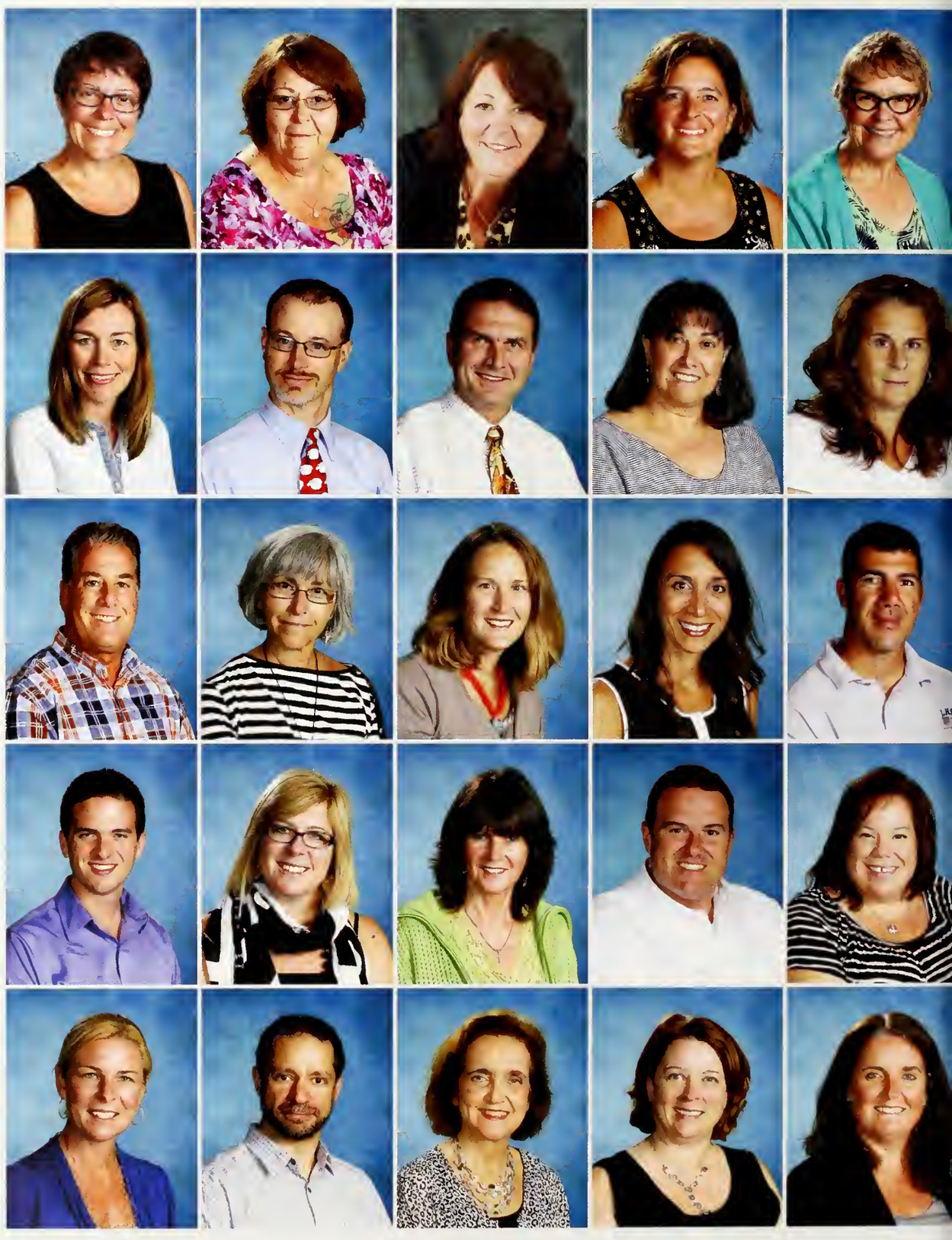
David Fontes
Julia Fournier-Rea
Michael Framasin
Michele Garreffi
Hilary Godin

Gregory Goguts
Molly Goldberger
Michelle Grodsky
Michael Gulden
Rita Hawkes

Amy Holt
Pauline Jcek
Christine Kernan
Meredith Laughlin
Daniel Liese

Scott Little
Karen Locke
Jennifer Lynch
Donna Lyons
Patrick Magowan

Teachers can change lives with the right mix of chalk an challenges.
Joyce Maye



Kate Mard
Wendy Martin
Wendy Martin
Rosemarie Moriarty
Judy Neilson

Lisa O`Shea
Robert Oconell
Marc Oldenburg
Karen Omartian
Lois Ostrander

John Pantuosco
Pamela Pion
Heather Pollard
Janine Preston
John Rauseo

Michael Reinemann
Karin Riordan
Lori Robbins
Michael Rosemond
Denise Rossi

Meaghan Roy
Joseph Rusenko
Karen Shypula
Joanne Sligh
Marianne Smith

A teacher affects eternity; we can never tell where their influence stops.

Henry Adams

Lori Snyder
Charlotte Steele
Joseph Sweeney
Lyn Szostkiewicz
Mary Talbot-Barry

Susan Turcotte
Justin Valley
Lorraine Vassilopoulos
Teresa Via
Roxanne Vigliotta

Roxanne Vigliotta
Stewart Walker
Shelly Warren
John Weaver
Matt Webber

Jonathan Weil
Robert Weir
Kathy Wells
Kayla Werlin
John Williams

We would like to take this opportunity to thank the administration for being our inspiration and guidance over the past four years. High school isn't always easy, and it is amazing that we have all been blessed with the help of our teachers and faculty. From freshman nerves, until our last days in the halls of LHS, we have always had people to turn to in times of need, and that means a lot. Thank you for making our time here just that much more special.

-The Class of Two Thousand and Fifteen

A Word From Your Teachers:

Fall Sports

"A trophy carries dust.
Memories last forever."

– Mary Lou Retton

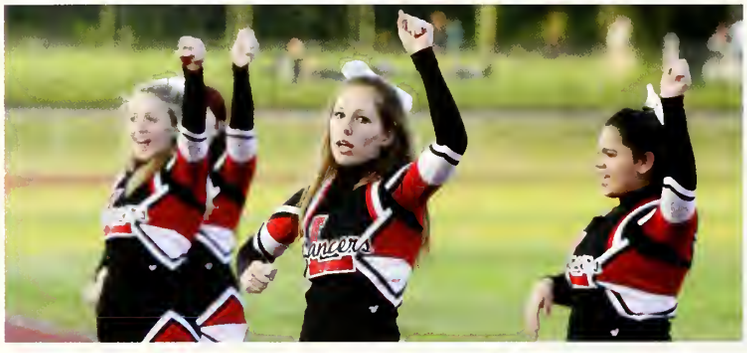
Susanita Carvajal

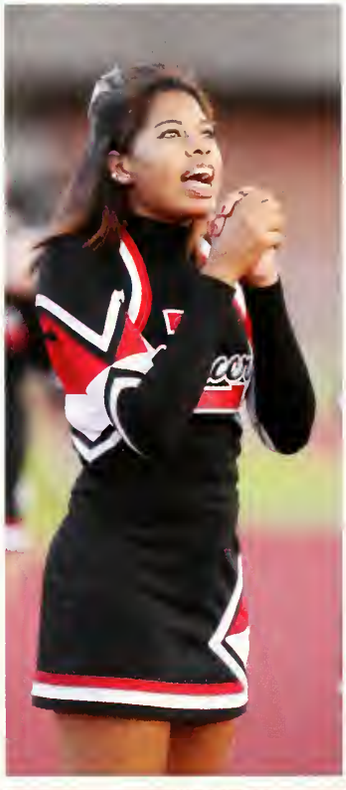
Natilie Besner

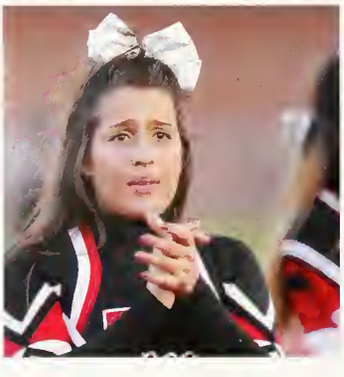
Rishadeane Hinds

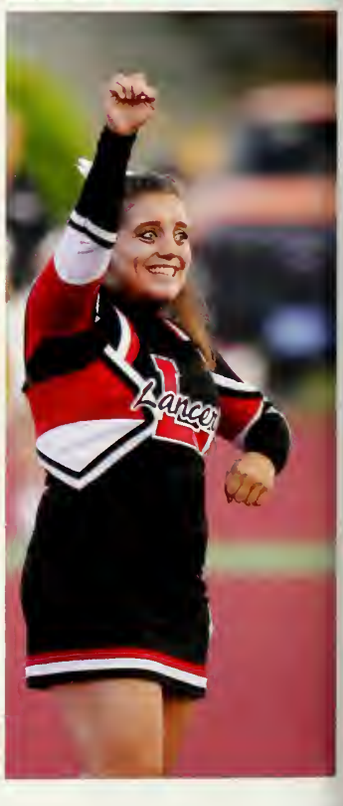
Erinn Temple

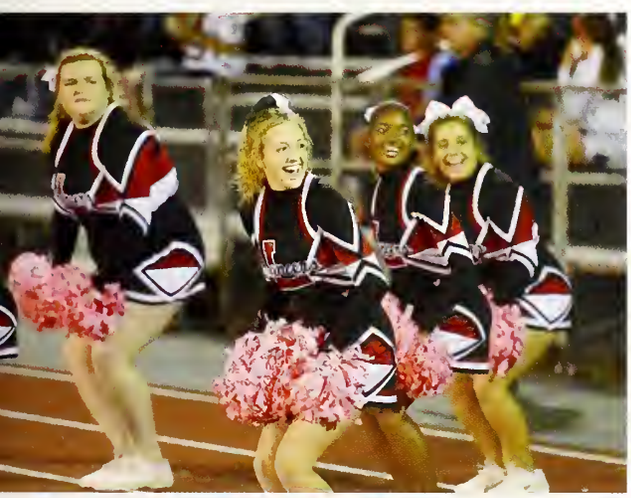
Cheer

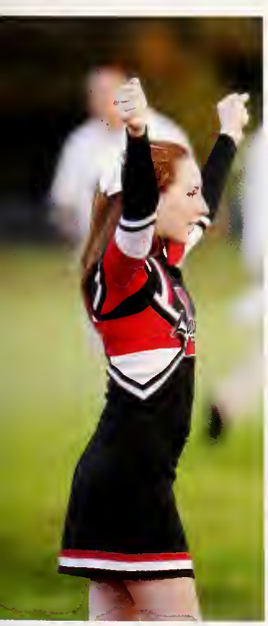


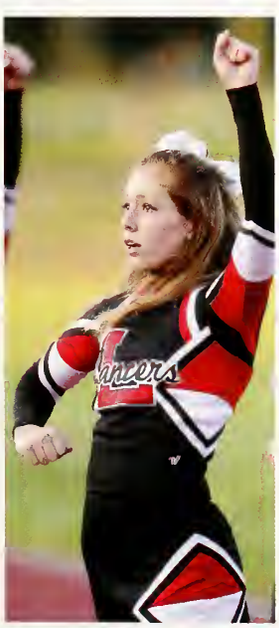












Daivd Sell

Connor Ostrander

Dare Odutula

Conrad McCarthy

Noah Hurwitz

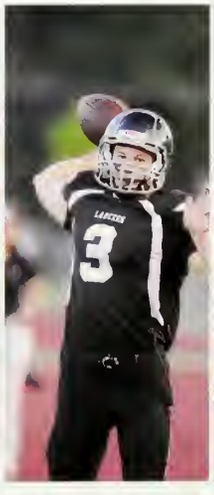
Captains

This past football season was one long adrenaline rush. For us seniors, it was the climax of almost a decade of playing together and for most of us, it was the end of our football-playing career. Now that the season has ended, a part of us seems empty. The tangible reminders are still there: the stadium, the helmets and pads in a closet ready for next year, and the students who still wear Longmeadow football apparel around school. But the intensity of the feelings from such a season is hard to retain. For seniors returning next year, the stadium lights are unlikely to seem as bright or the crowd as loud as they were this year. Players post on social media how much they miss football to try to fill this emotional void, but no picture or video can recreate the feelings of our extraordinary season. Here are a few of the unforgettable moments: third and goal with seventy seconds left in a game and a wall of our friends screaming for us from behind the endzone; half-time motivational speeches from our coaches to give everything we have on each play; Senior Night with our families surrounding us and our numbers painted on the field; the battle of student sections as we played our rival, East Longmeadow, in the Western Mass final; and the opening to Gillette stadium, standing alongside our teammates who we spent hours with each day in preparation for that moment. The feelings extend beyond the team and we know the coaches, the fans, the parents and all who supported the the program shared in some of our euphoria. Coach St. George would tell the players how he has never seen the school come together like this or a section of fans be so dedicated to a team. What other school had a tunnel like ours? While the seniors realize we may never experience this intensity of emotion again, the memories from this year will stay with us for the rest of our lives.

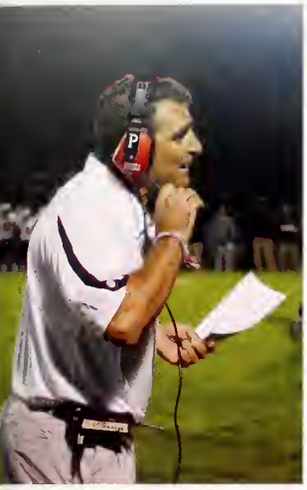
Our success on the field would not have been possible without the commitment of our entire coaching staff but especially Coach St. George. Though our previous season was disappointing and the media did not rate us highly, Coach never doubted our ability or determination. For months the sport consumed his life as he spent countless hours watching film and preparing game plans. His vision for our team was to reestablish the dominance of the Longmeadow football program. His vision for us as players was to excel not only as athletes, but also as students, leaders and gentlemen for others to emulate. He told us how we were the type of young men he wanted his son to grow up to be, and we were honored to have his son at practices. Coach was a mentor to all of us.

As seniors we are passing the torch to the next generation of Lancers who have worked just as hard to make this team great. We trust our younger teammates to continue the legacy of tough mental and physical conditioning, vigorous execution, and collective perseverance. Tradition doesn't graduate.

-The Longmeadow Football Captains



FOOTBALL



The 2014 Longmeadow Football Team enjoyed a tremendous season. The team won 11 consecutive games, defeating rival East Longmeadow in the Western Mass Championship game and Fitchburg in the State Semi Final Game. Playing at Gillette Stadium is a memory that will last a lifetime.

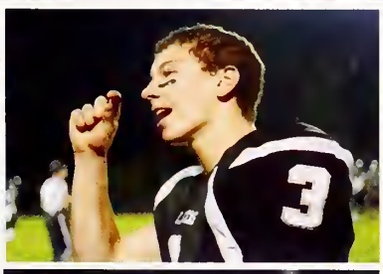
When you prepare for a football season you set goals. We have high expectations for this football program. This program has experienced a lot of success, so the thought of having a successful season is common, almost expected. And yet I find myself still saying WOW. This town watched you win 10 consecutive games on the way to a western Mass Championship. The following week brought an inspiring state semi final game where you refused to give up and in the end found a way to win. Over the years we have won many games and many championships, and they are all special. However, there are a few games that stand out above the rest... games that other games are judged by. The 10 – 7 Fitchburg win is now one of those games. It was one of the most exciting games I have ever been involved in. Then on December 6th we played at Gillette Stadium.

This year the support from the student body was unlike anything I have ever seen. The excitement in the hallways was like nothing I can remember. The fans came to games in record numbers, in matching outfits, and varied themes. They stayed late to join the team on the field after winning a Western Mass Championship. You occupied the attention of the entire senior play cast as they watched the Fitchburg game back stage and then counted down the final 10 seconds. You also interrupted the play as senior Jonathan Mack took center stage to announce your semifinal victory to a crowd in the auditorium. The videos of these moments will be forever etched in my mind.

Years from now you will be telling stories. This season will hold so many special memories for you not just because of what you accomplished, but also because of whom you did it with. You will tell stories about this season at reunions, and you will tell your children about this season. These times will be some of your greatest memories of growing up. Pay attention to these relationships and do not take them for granted. This year you have made a difference. You made a difference in my life and you have made a difference in each others lives.

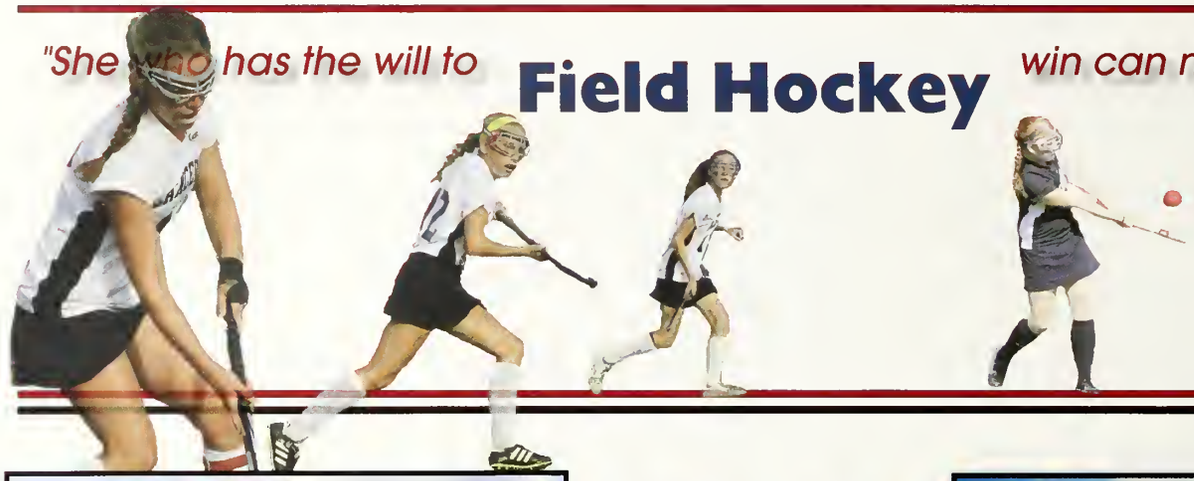
Football is a team game just like life is a team game. Successful teams have: complementary skills, interdependence, mutual commitment, their performance is greater than the sum of the performance of its individual members. It is these team skills that will help you to succeed in life. The lessons that you have learned together will help you become better men, better businessmen, better neighbors, better husbands and better fathers. I could not be more proud of you. I wish you all the best.

-Coach St.George



"She who has the will to win can not be beaten."

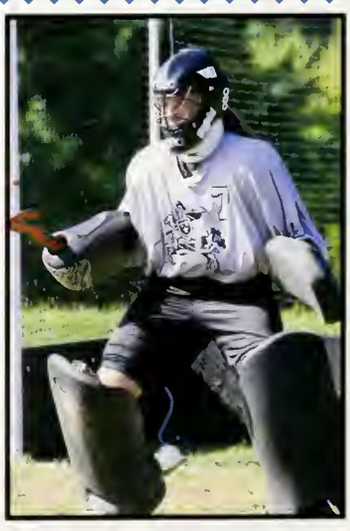
Field Hockey



Jessie Moriarty

Rachel Woods

Kelly Payne



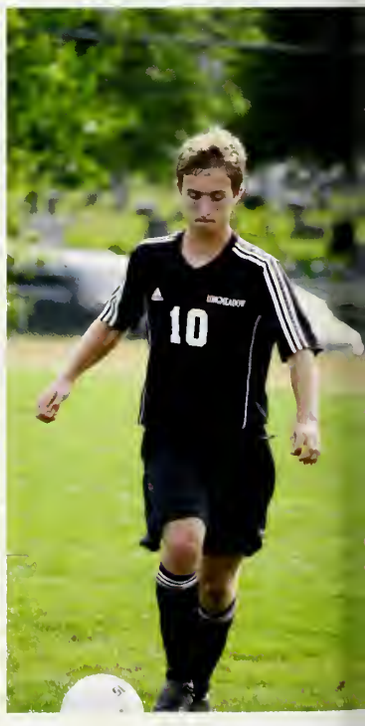
Western Mass Champions '11,'12,'13,'14

Captains

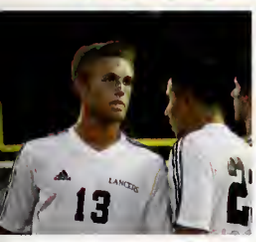
John Croll

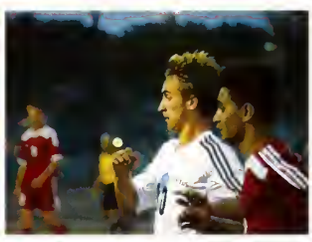
Dylan Helmus

Kip Erhenberg



Boys Soccer





"We may have missed playoffs by one game but who we were as a team meant much more."
-Kip Erhenberg

"I couldn't imagine ending my soccer career with a better group of men. This season was cinematic."
-Dylan Helmus

"We didnt always outscore our opponents but we always outstyled them. We also beat Ludlow contrary to popular belief."
-John Croll

Michelle Nadeau

Jennifer Durocher

Gianna Alberici

Captains

Girls Soccer

"This year our team grew very close as a unit on and off the field. We improved our skills and made friendships that will last."

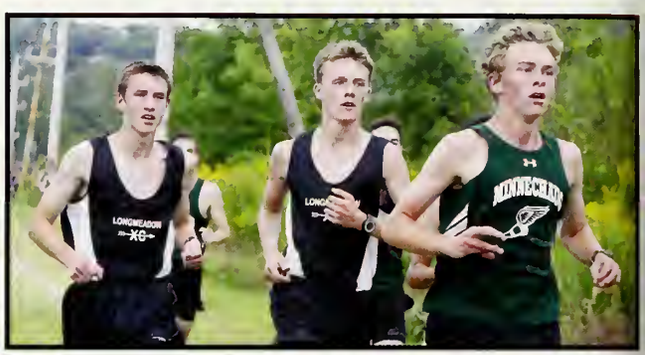
-Gianna Alberici "

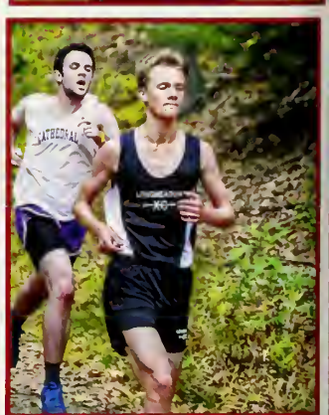
Connor Gotzman

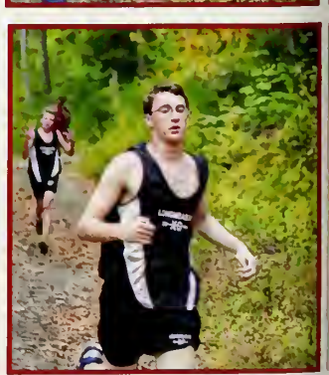
Nick Herrinshaw

Dan Kofman

Boys Cross Country



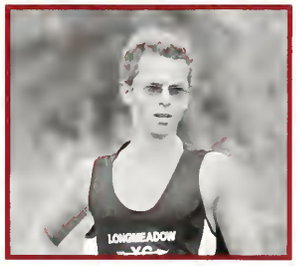




John Bernardi

Harry Gordenstien

Zach Posnik



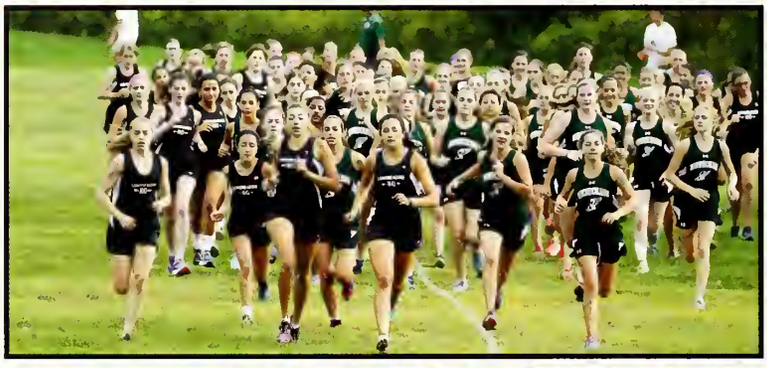
Allie Haryasz

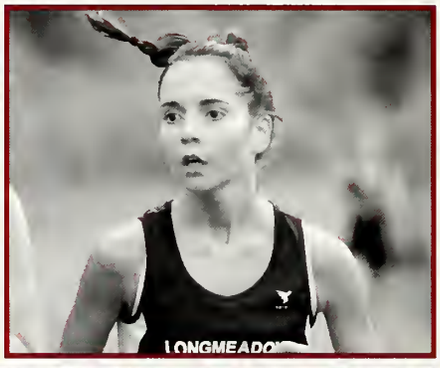
Emily Valencia

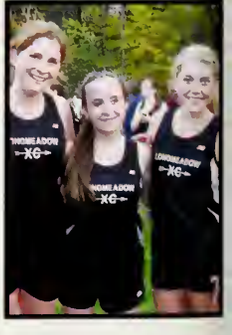
Marissa Schwartz

Emily Carroll

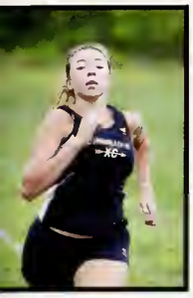
Captains







Girls Cross Country



"Runs end but running doesn't," said Hailey Moseman. Unfortunately Hailey, and Allie Haryasz, both the top two runners on the girls Cross Country team, got sick with mono halfway through their season. Getting mono in general is extremely tough but getting it when you are a serious runner during the middle of your favorite season makes it even worse. One of the hardest parts of getting sick, said by the girls, was sitting on the sidelines watching everyone else running after training hard throughout the whole summer. Another hard part was missing the best parts of the season, not just the meets. The runs and the stretches contribute to the team because of how much time they spend together making bonds, in which the girls missed out on. "I also realized how much I valued the team, because in the fall so much just felt empty and I realized it was because I wasn't with the team everyday." Just like any other team, the Longmeadow girls Cross Country team has a special bond between the girls. And their high school experience shows them something they can use for the rest of their lives. And that doesn't just include running. "The team is basically all of my best friends and to get to run with them is great and having mono made me realize that even more," stated Allie. Even though Mono ended their seasons earlier than they had planned the girls took a different look on it. "But it was the first time I was able to watch everyone run and cheer them on which was really nice," stated Hailey. Even though this very negative thing happened to the girls, they had the chance to turn it around and still be amazing teammates. The team appreciated it very much, and missed them tons. They also want to wish them luck with their future runs.

3 miles, 2 shoes, 1 family

Parker Riordan

Justin Feldman

Dana O'Connor

John McDonald

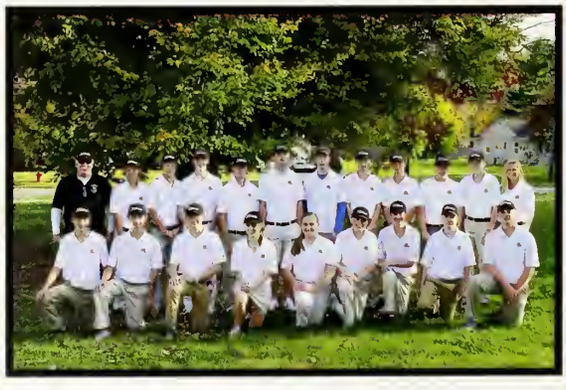
Seniors

Kurtis Leduc

Scores

09/02	@Agawam	159-150
09/03	Cathedral	149-163
09/04	Holyoke	153-165
09/08	Northampton	158-177
09/10	Minnechaug	162-158
09/11	@Central	160-199
09/15	@Amherst	158-187
09/16	@East Long.	150-158
09/19	@St. John's	195-189
09/22	@ South Had.	164-182
09/24	Belchertown	155-161
09/26	St. John's	202-201
09/29	Agawam	151-159
10/01	@Minnechaug	166-162
10/02	@Chicopee	165-172
10/06	East Long.	165-173
10/09	Ludlow	154-169
10/15	South Hadley	153-165

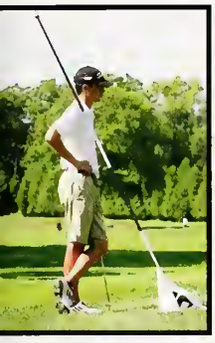
GOLF



Roster

Dean Ackerman	2017
Jack Appleman	2016
Michael Bechard	2018
Rachel Bechard	2016
Justin Feldman	2015
Kurtis Leduc	2015
Colin McClure	2016
John McDonald	2015
Danny Mclaughlin	2016
Dana O'Connor	2015
Connor Phillips	2017
Parker Riordan	2015
Matt Walthouse	2016

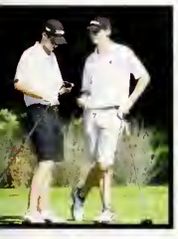
Captains

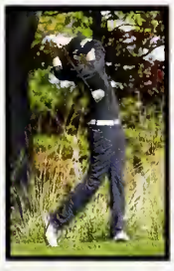


Justin Feldman & Parker Riordan

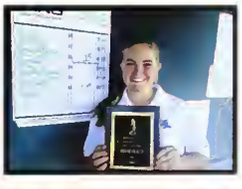
Looking back on this year's golf season, we could not have been more happy and proud of our teammates and the team's overall success. For us captains and for all the seniors in general, it was truly a pleasure spending our last high school golf season with such a great group of guys and girls. It was incredible to see each individual grow as a golfer and a person as each year has gone by. We know that the future golf team will only grow stronger and greater. We want to thank the players, Coach Denmark, and Coach Williams for giving us such a great experience that will stay with us for years to come.

Your Captains:
Justin and Parker





Girls Western Mass Individual Champion: Rachel Bechard



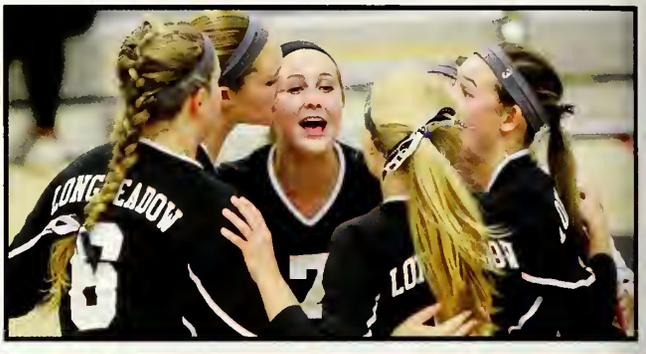
This past fall was one of my best golf seasons so far. Two of my biggest achievements include: shooting my lowest 9 hole score (38) during one of the varsity matches against Central High School and I placed 1st at the girls' individual Western Mass Tournament with my lowest 18 hole score (81) at Ludlow Country Club. After the golf team season ended, my season still continues as I practice at indoor facilities and go down to play in Florida for a few days. Once the spring comes around and the snow finally melts, I spend countless hours preparing for the qualifying tournament for the girls' state championship sometime in early June. Last year as a sophomore, I shot a 86 during the qualifier which allowed me to compete in the state championship. Although I didn't have my best round during the state championship last year, I will continue to work hard and hopefully place this year.

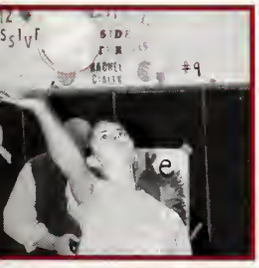
CAPTAINS

Emma Robin

Savannah Ditomassi

Volleyball

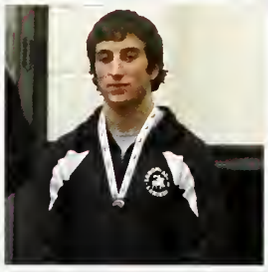


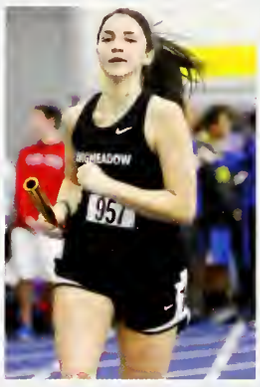


ADOW LANCER VOLLEYBALL

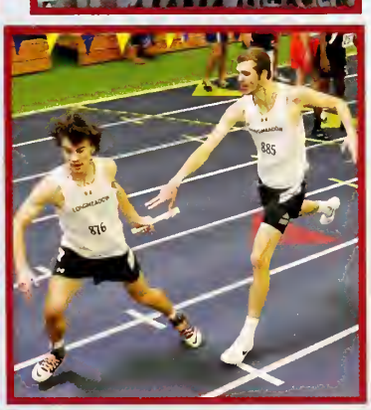
Set your goals high, and don't stop till you get there

- Bo Jackson





Winter Sports



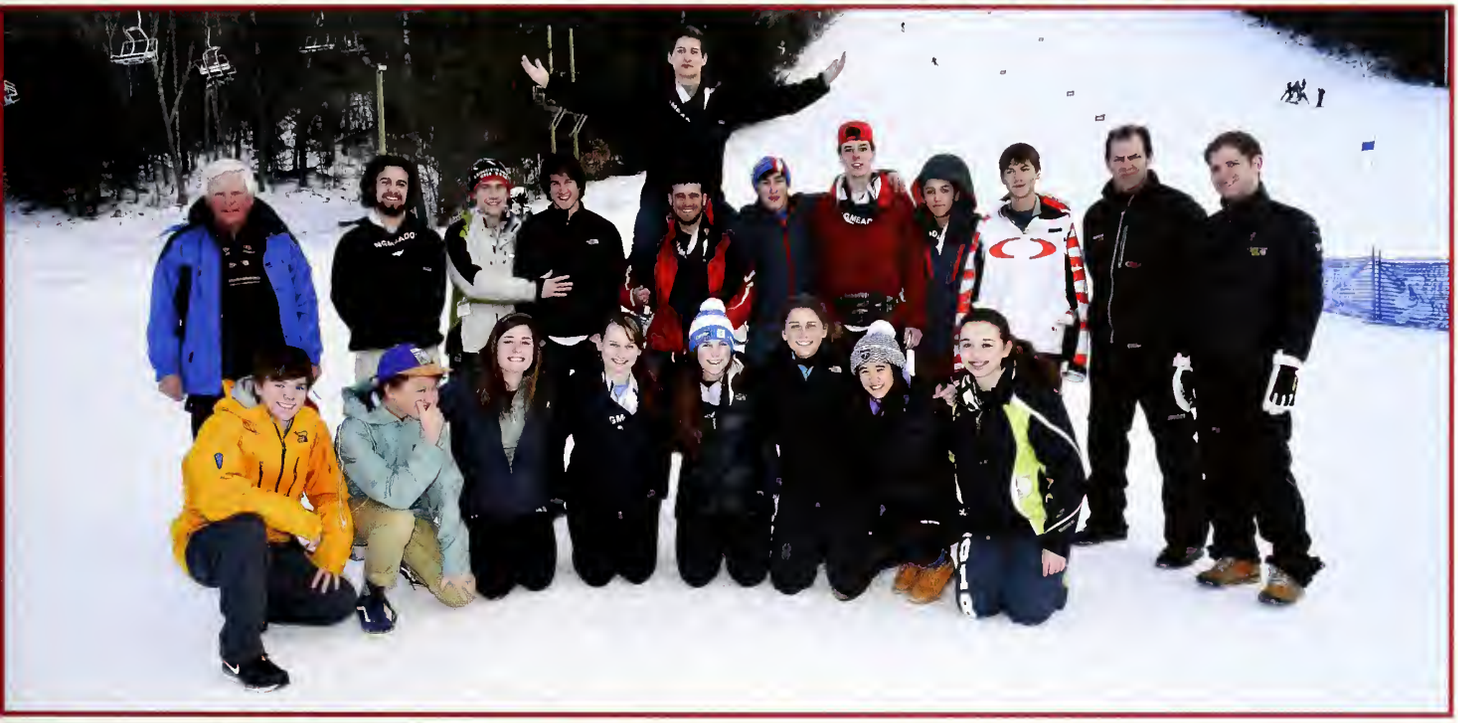
Gianna Alberici

Ben Grodsky

Evan Novak

Brenna Reilly-Evans

Ski Team

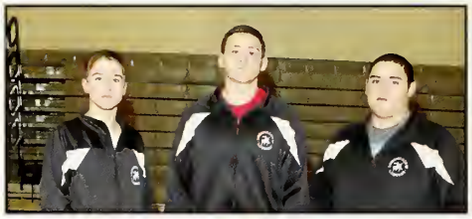


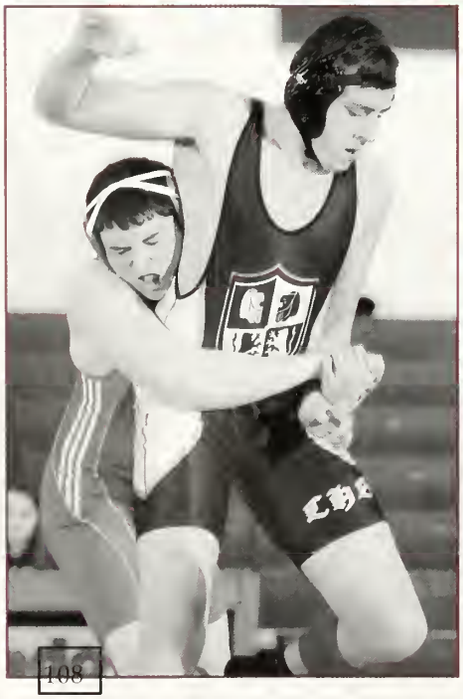
"The 2015 Ski Team was in honor of Garrett Gagne. We're so proud of the boys team for coming in first this year and for all the improvements everyone has made. We've become so close over the years and will miss everyone. Cheers!"
-Brenna Reilly-Evans & Ben Grodsky

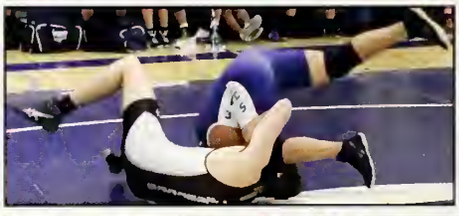
Max Stukalin

Captains

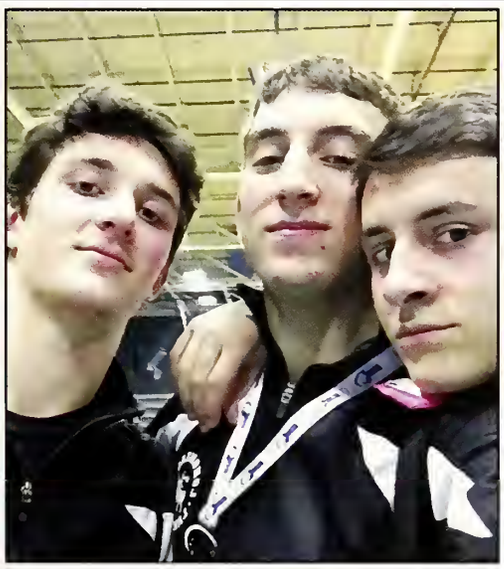
Nick Lachiusa

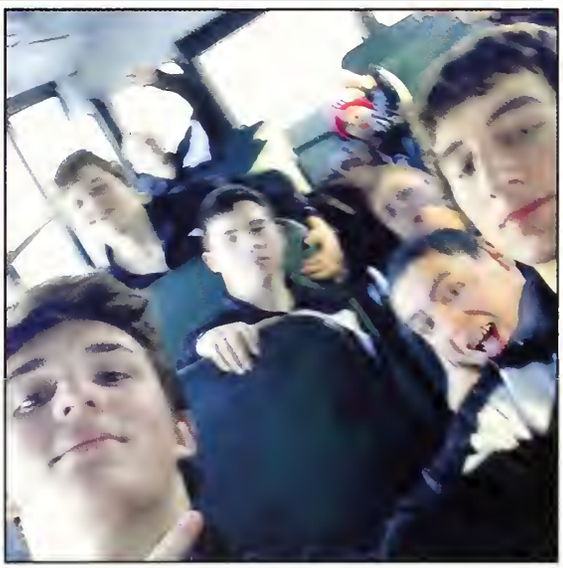






Wrestling





"HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD"

Boys Swimming & Diving

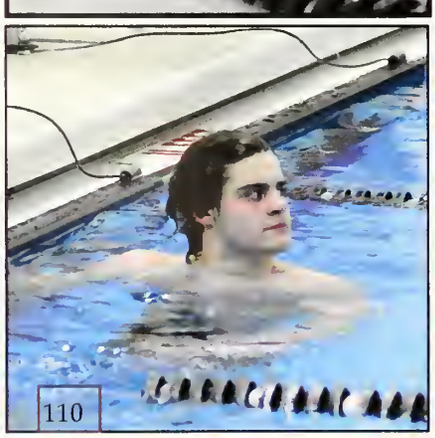
Michael Chen

Max Rubiin

Charly Blazy

Michael Grippo

Zach Meuiner



"Swim team meant smashing western mass after four years of hard work. We have built a great team culture that is sure to continue in coming years"

-Michael Chen

Girls Swimming & Diving

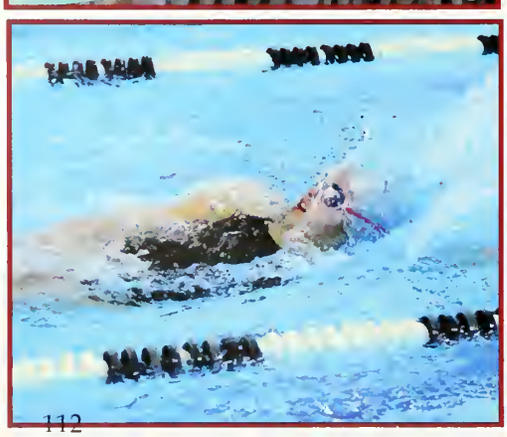
Katie Baker

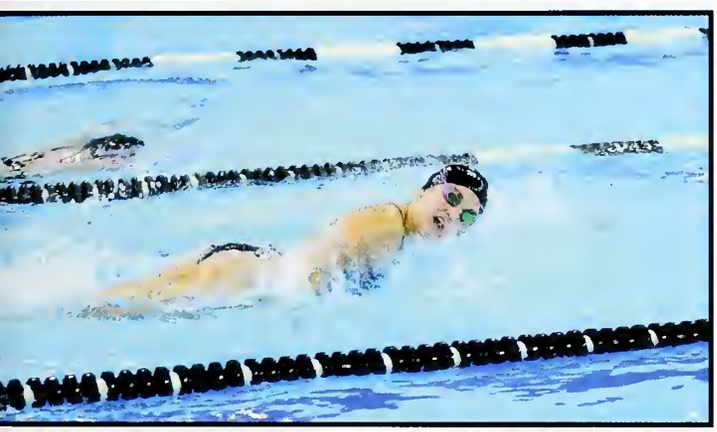
Maria Caputo

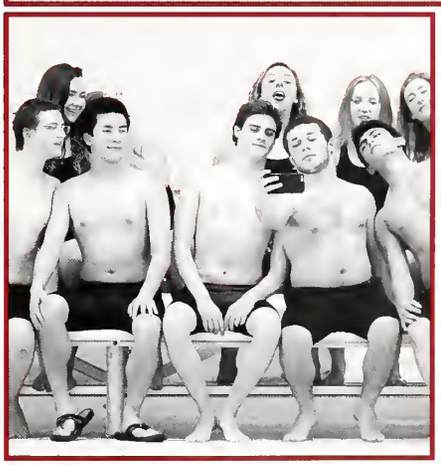
Marissa Schwatz

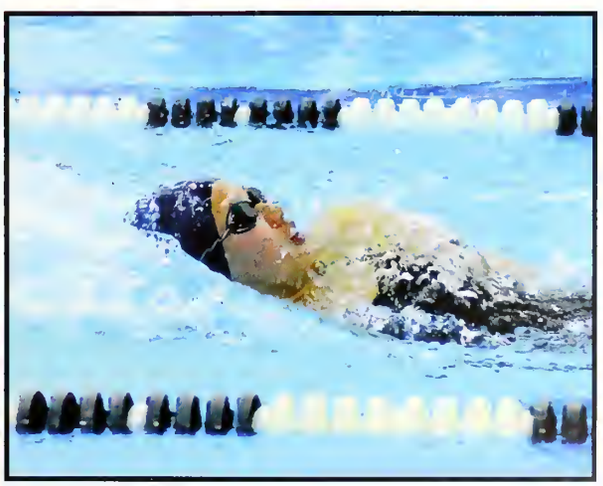
Quinn Raferty

Alexa Zippin







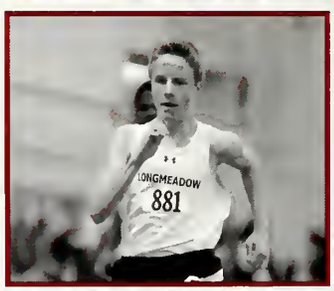


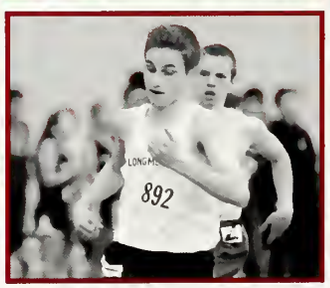
Boys Indoor Track

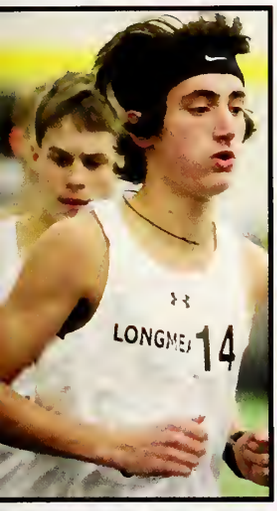
Conrad McCarthy

Connor Gottzmann

Conrad Joyal







Nick Herringshaw

Connor Strain

Jake Marino

Girls Indoor Track

Natalie Bell

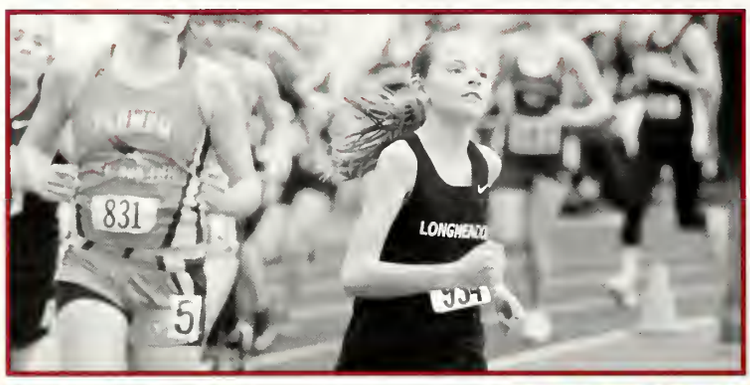
Jessie Moriarty

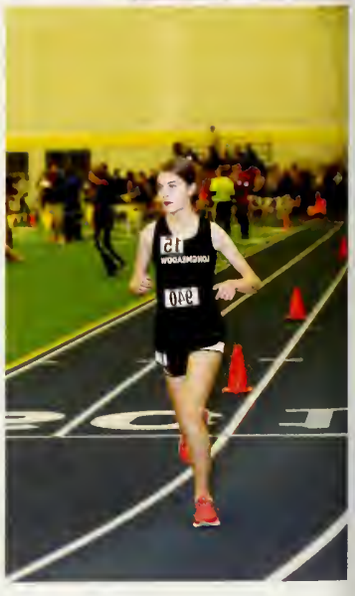
Emma Jones

Alexa Tranghese

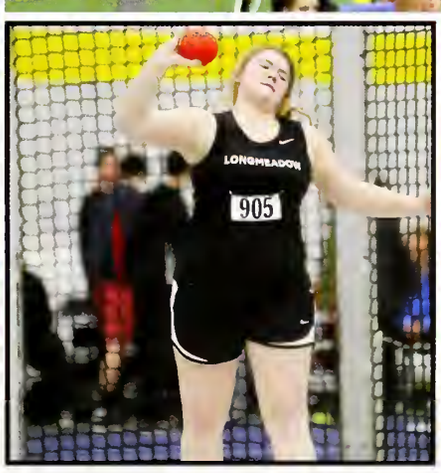
Emily Carroll

Allie Haryasz

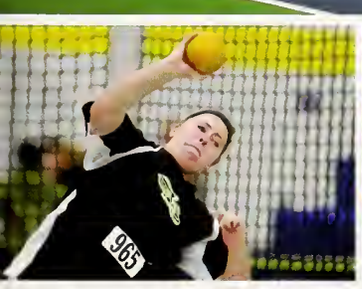




LONGMEADOW


LONGMEADOW
905

LONGMEADOW
962


965

543
907

LONGMEADOW
917

967

904
SMITH

Boys Basketball

CAPTAINS

LANCERS
21

LUDLOW
23

LANCERS
33

LANCERS
LUDLOW
4

LANCERS
13

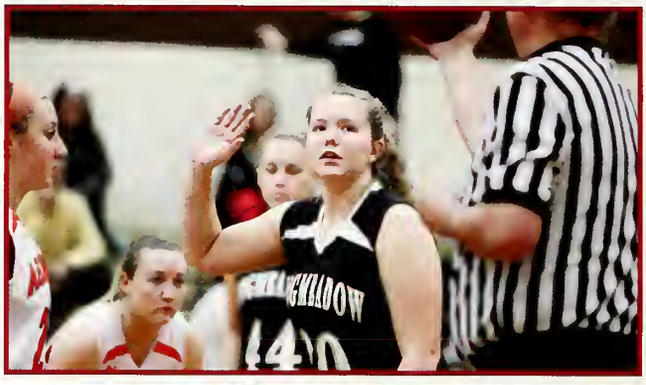
AMHERST
22

LANCERS
3
LANCERS
1
LANCERS
30
LANCERS
4

LANCERS
21
LUDLOW
10

10

22
23



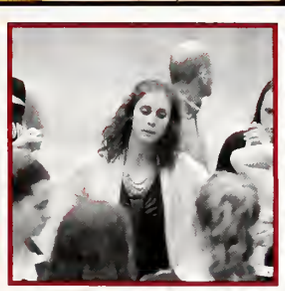
Girls Basketball

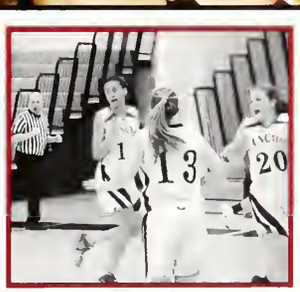
Emma Robin

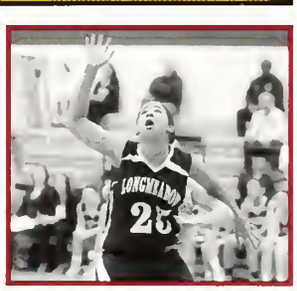
Abbey Salvon

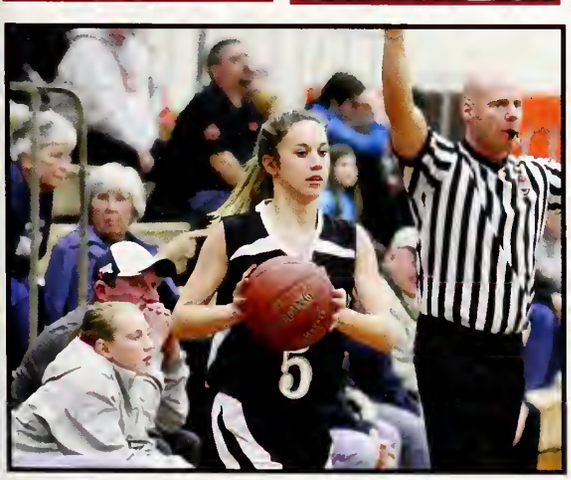
Ally Mishol

Captains









John McDonald

Matt Pierson

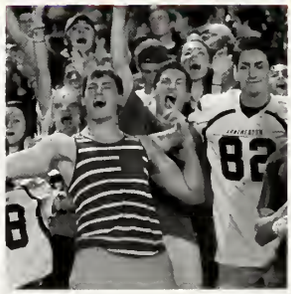
Michael Tabb

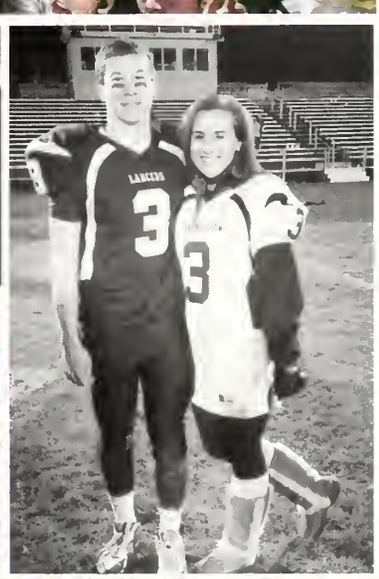
Captains

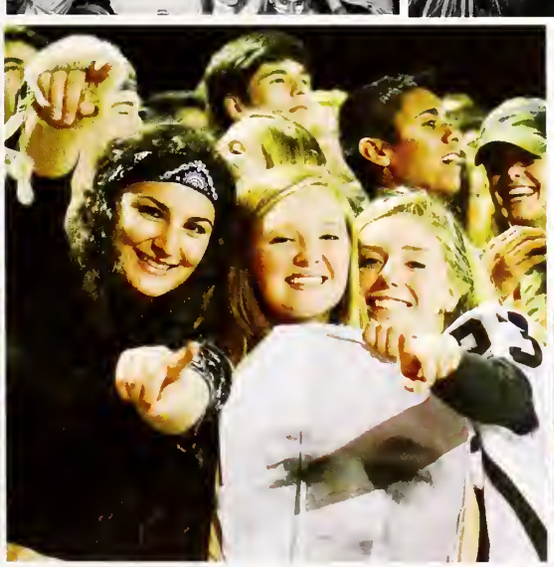
Hockey

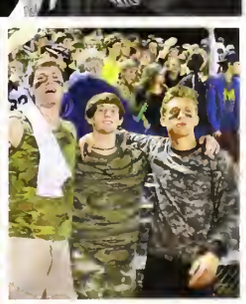
#BLACKHOLE

Photos courtesy of Matt Fraser '17









English

Life Advice

"Parents are a pain in the butt; I know because I am one."
-Mr. WIlliams

"Read, read, read, and then, read some more!"
- Mrs. Pion

"Find three hobbies in life: One that allows you to be creative and express yourself, one that keeps you physically active, and one that makes you money."
- Mr. Weaver

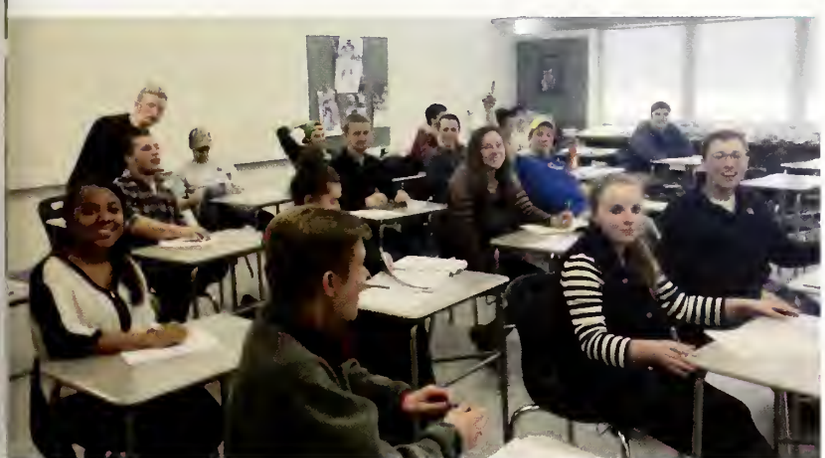
"If you are confused, come talk to your teacher. We appreciate the effort and will help in any way we can. Don't suffer in silence."
-Mrs. Federov

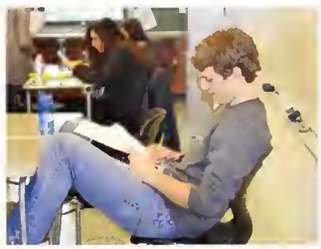
Life Advice

Read as much as you can. Travel around the world and see other cultures. Live there if possible. And Learn to appreaciate the music of Bob Dylan.
-Mr. Walker

Keep on growing!
-Mrs. Dillon

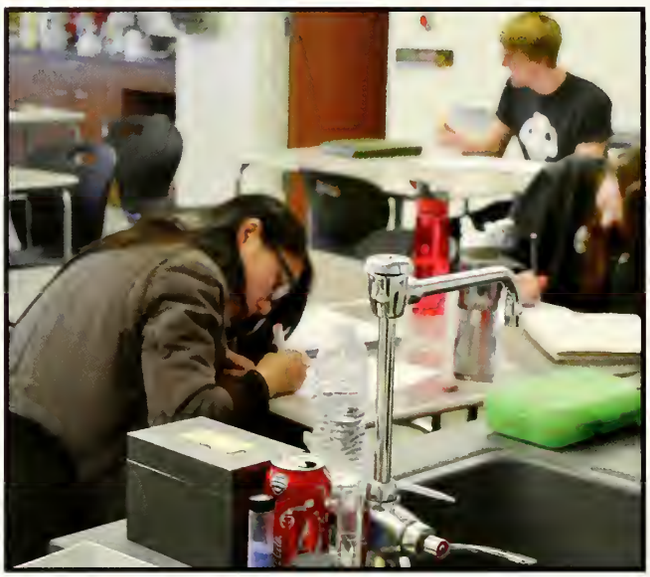
How about: Live, Laugh, Love... How's that?
-Mr. Sweeney



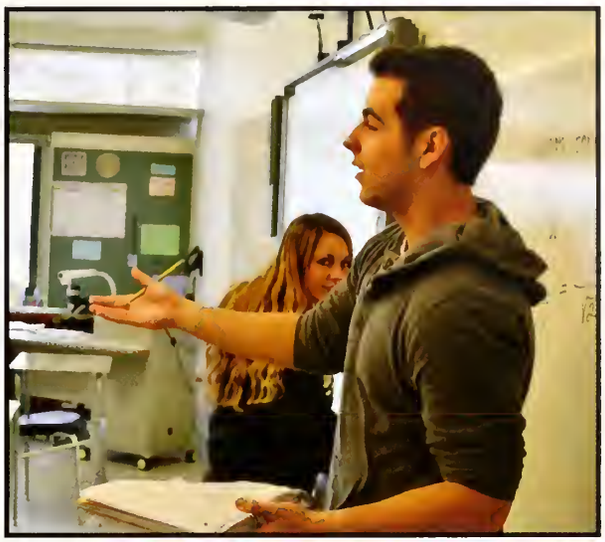


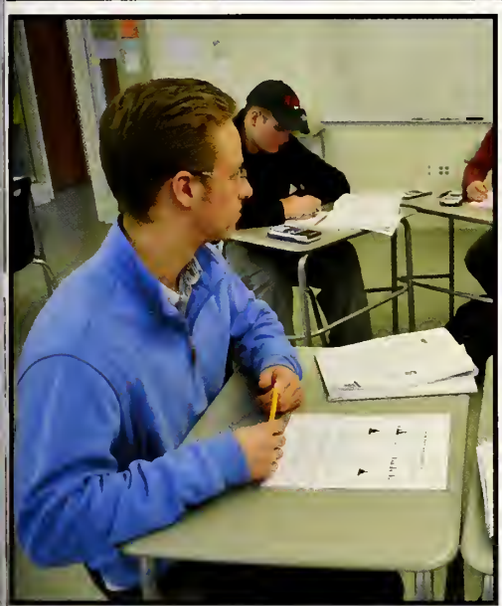
History

Science



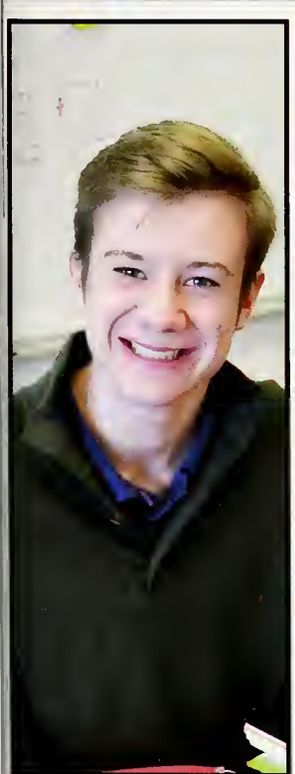
"Most people say that it is the intellect which makes a great scientist. They are wrong: it is character."
-Albert Einstein "

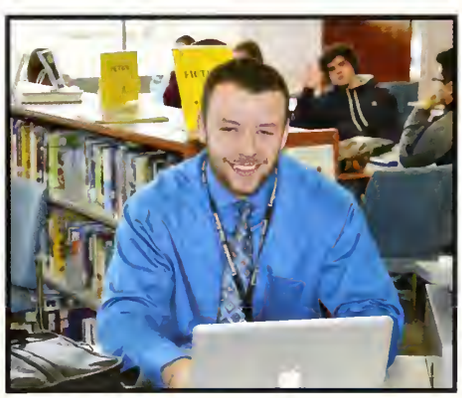




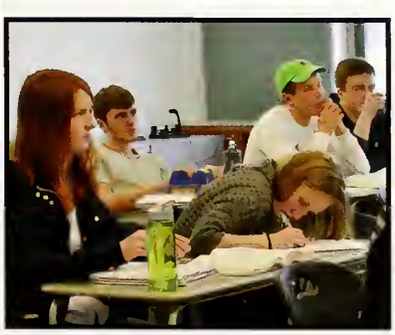
Math

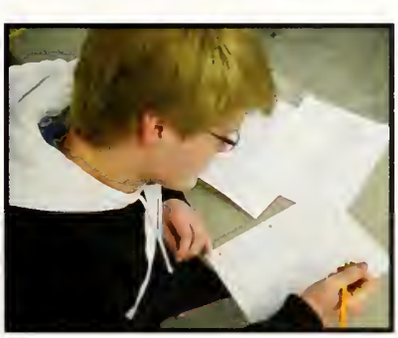
M. Laughlin
DEPARTMENT CHAIR
242



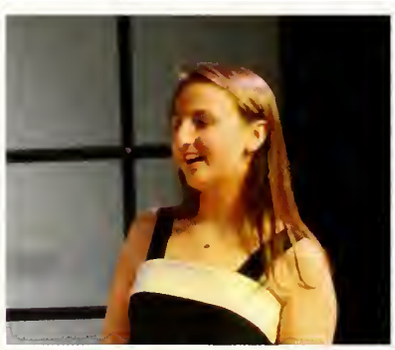


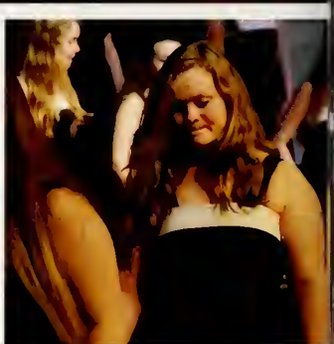
Rule of Math: If it seems easy, you're probably doing it wrong.

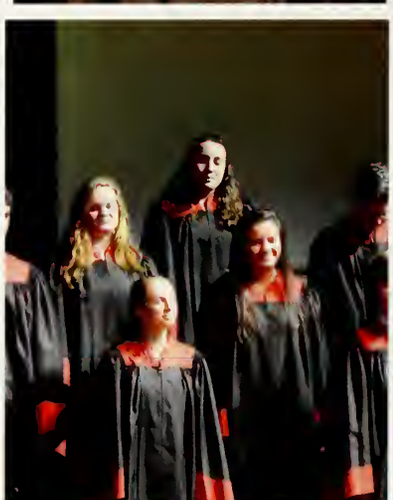


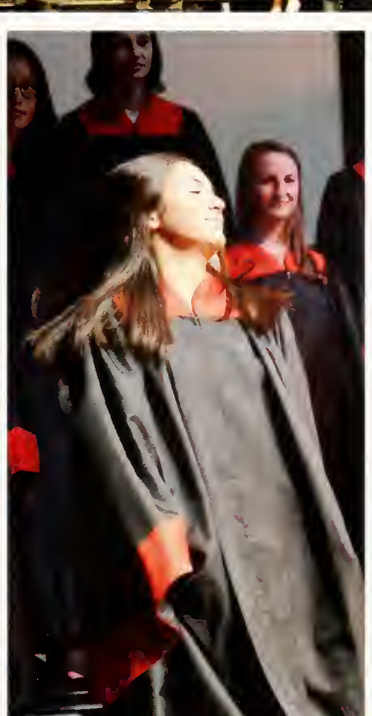


Music

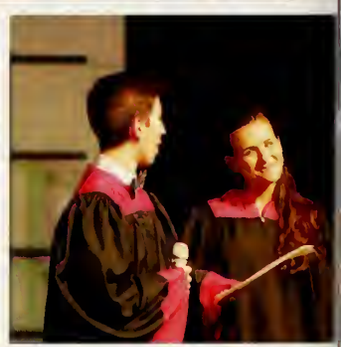


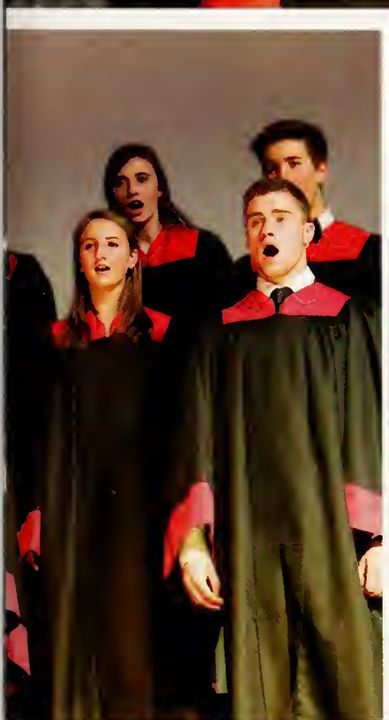




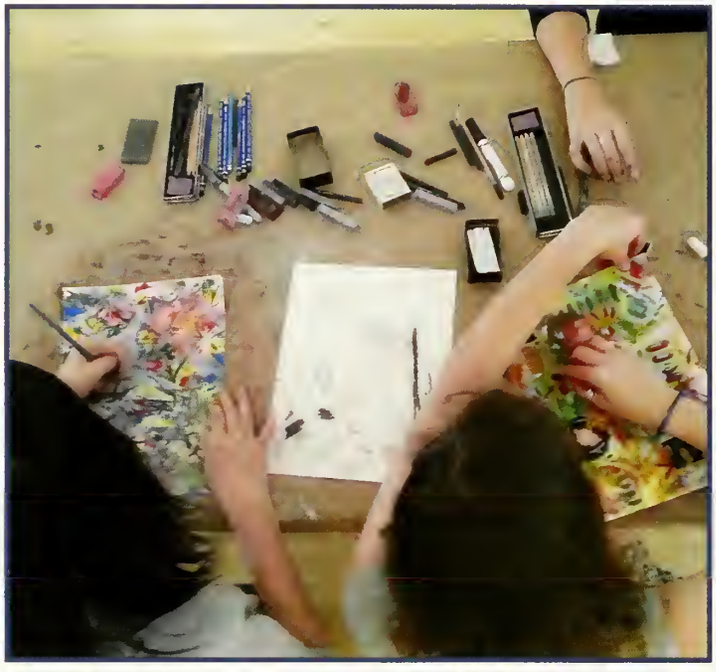


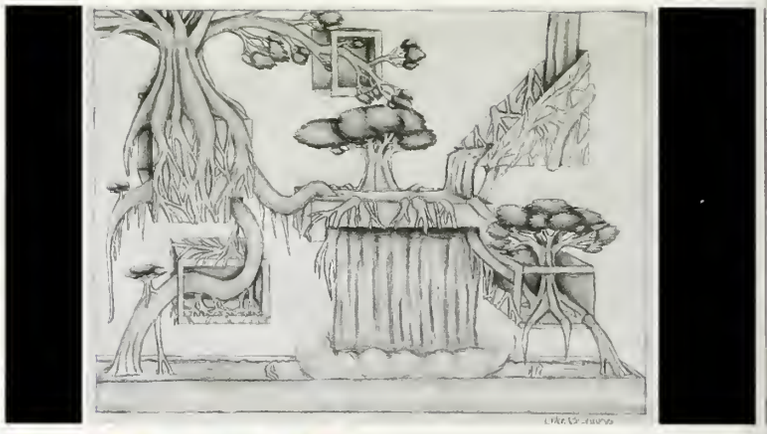
Music

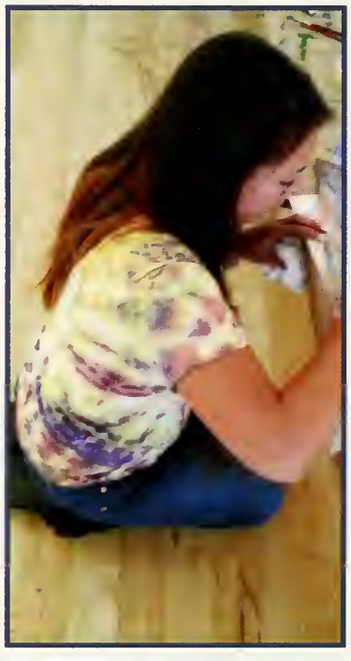




ART







LHS Art Classes:

Drawing & Painting
Digital Art & Photography
Sculpture & Ceramics
Publications (Yearbook)
Advanced Drawing, Paitnting, & Printmaking
Advanced Digital Art & Photography
Advanced Sculpture and Ceramics
Advanced Placement (AP) Studio Art

Above: Students at an art workshop in North Adams MA, part of a day-long gallery crawl field trip

Julia Izzo

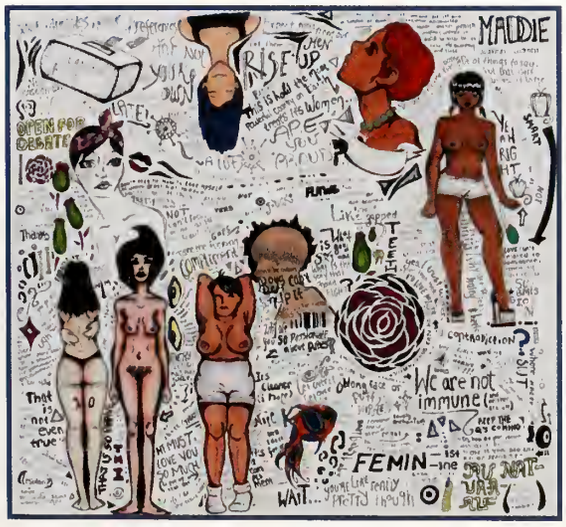
Dylann Keaney

Julia Dash

Above: Sarah Alves

Left: Olivia Gravel

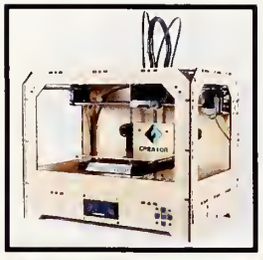
Right: Digital art creations



Maddie Neiman

Emma Jones

LHS Clubs



3-D Printing

President:
Robert Anderson

Advisor:
Judy Neilson

"We use our artistic talents to help our community, as well as help LHS students become more talented in art."

Art Club

President:
Hannah Woolsey

VP/Secretary:
Danielle Goldstein

As Schools Match Wits

Team Members:
left to right
Jimmy Heemskerk
Vivian Yu
Dana O'Connor
&
Michael Anfang

Badminton

The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match. Your opponent has the same goal. He will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if he hits the shuttle into or under the net, or out of court, then you win the rally. If you think your opponent's shot is going to land out, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues. Once the shuttle touches the ground, the rally is over. In this respect, badminton is not like tennis or squash, where the ball can bounce. You must hit the shuttle once only before it goes over the net (even in doubles). In this respect, badminton is not like volleyball, where multiple players can touch the ball before sending it back over the net.

- badmintonbible.com

Noah Kalman
Officer

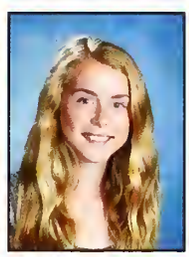
Sophia Lipp
Officer

Ally MIshol
Officer

Dylann Keaney
Officer

Mary Carter Bradshaw
Officer

Molly Carroll
Officer



Best Buddies

President:
Jami Zolotor

"Best Buddies is an international organization that creates friendships between students and their peers with developmental and intellectual disabilities. LHS partners with the Kehillah program at the springfield JCC to create our local chapter! We have monthly events for the chapter to provide opportunities for pairs to meet and have fun together.

President: Dan Kofman

"We organize events to raise money to attend a leadership conference at the end of the year."

Business Professionals of America

Chess

Fun Facts About Chess!

1. Did you know the number of possible ways ofplaying the first four moves for both sides in a game of chess is 318,979,564,000 ?

2. The longest game of chess that is theoretically possible is 5,949 moves.

3. The first chessboard withalternating light and dark squares (as it appears today) was made in Europein 1090.

4. According to the America's Foundation for Chess, there are 169,518,829,100 ,544,000,000,00 0,000,000 (approximately 1.70x10 29) ways to play the first 10 moves of a game of chess. And they thought a computer would solve chess!

6. The longest chess game ever was I.Nikolic - Arsovic, Belgrade 1989, which ended in 269 moves. The game was a draw.

Culinary

Debate

"An auditioned chamber vocal ensemble that meets weekly."

Members:

Michael Chen, Justin Feldman, Christopher Leslie, Ryan Nash, Carl Schirmeister, Cecilia Schirmeister Temperance Shrenker, Rohini Loke, Olivia Panetti & Daniel Berg

I Cantori

Democrats

Democratic Party Description

Democrats believe that we're greater together than we are on our own—that this country succeeds when everyone gets a fair shot, when everyone does their fair share, when everyone plays by the same rules. Our party, led by President Obama, is focused on building an economy that lasts—an economy that lifts up all Americans. That's why Democrats are working to advance issues like job creation, education, health care, and clean energy

- democrats.org

Drama

Countries Include:

1. China
2. Hong Kong
3. Japan
4. Macau
5. Mongolia
6. North Korea
7. South Korea
8. Taiwan

East Asia

Environmental

Executive Board:
Robert Anderson, Julianne Kapner, & Andrew Metz

Advisor: Ms. Starz

Environmental Club's activities fall under three main umbrellas:

Protect and Volunteer: Students have opportunities to volunteer in local environmental clean-ups and work with environmental organizations to preserve the environment.

Enjoy the Earth: Students participate in and lead outdoor excursions like hiking and camping trips.

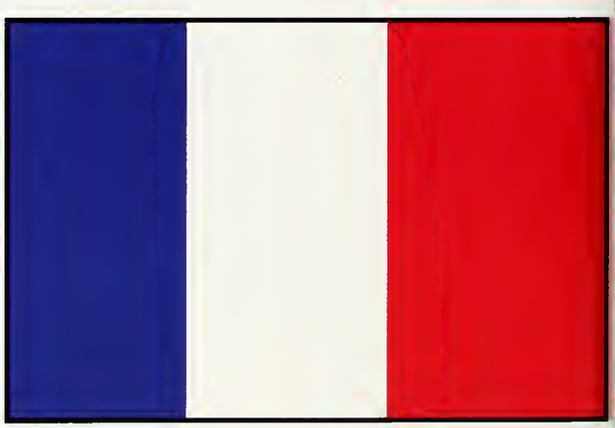
Be an Advocate: Students promote solutions to and awareness of environmental issues like recycling, conservation, and others based on member interest.

French Club

Funny French Expressions

Ah, la vache!
A very popular expression in France, this expression means 'Oh my goodness!' The literal translation, 'Oh, the cow' strikes non-native French speakers as downright hilarious.

Avoir une araignée au plafond
Having a spider on the ceiling means the same as the American expression, 'you have a screw loose'.



Gay-Straight Alliance

Hacky Sack (also known as Hackey Sack) is the trademarked name of a type of footbag. The traditional game is played when two or more players stand in a circle and try to keep the sack (or footbag), off of the ground. The game starts when one player picks up the sack and tosses it to the chest of another player, who allows it to fall to his feet so he can kick it, and play begins. Play continues until the sack falls to the ground, when a player picks up the sack and the game resumes. The object of the game is to keep the sack off the ground for as long as possible
-wikipedia

Hacky Sack

Editor-In-Chief:
Vivian Yu

Managing Editor:
Isabella Morris

Advisor:
Mr. Weil

Impressions Literary Magazine

"We do creative art-and-literary activities and also have an annual publication dedicated to poetry, art, and short stories."

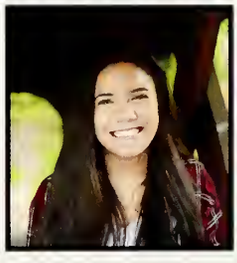
India Club

The India Club was established to bring recognition to and awareness of the Indian heritage to the LHS community by participating in traditional Indian activities (HOLI, Indian cuisine, etc.). In addition, we will fundraise to support the "Adopt a Child" foundation to help underprivileged children in India. Our focus is Indian food, fun and philanthropy!

Mrs. Baker
Advisor

Mr. Walker
Advisor

Editor-in-Chief:
Sanji Johari

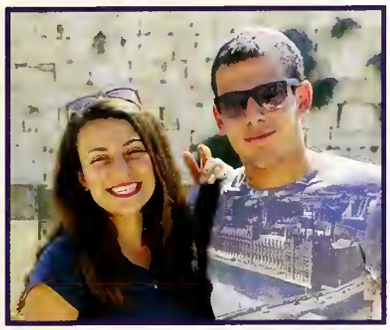


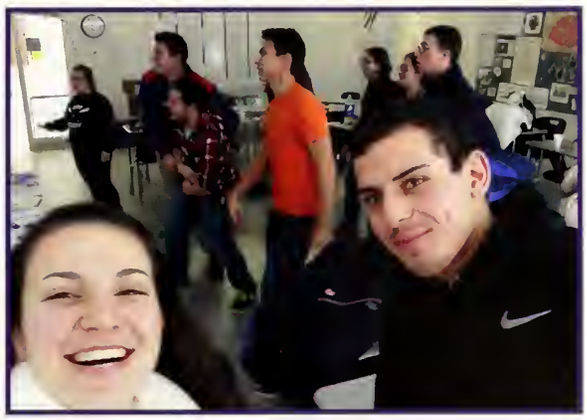
Managing Editor:
Lien Riquier

Campus Editor: Julia Dash '16
Centerfold Editor: Emily Ishak '16
Sports Editor: Sophia Lipp '15
Opinions Editor: Michael Anfang '15
Copy Editors: Henry Brill and Sankirth Madabushi
Advisor: Mark A Staples

The Jet Jotter is a student-run newspaper. Our members write articles, interview students, staff and community members, and format every issue. The Jet Jotter strives to unify the student body through publishing relevant, interesting and entertaining pieces.

The Jet Jotter





Israel Club

" We learn about and experience Israeli history, culture, and food with our Israeli Emissaries Ofek Livni and Noa Elisha."

Advisor:
Mr. Staples

Key Club

Mission statement
Key Club is an international student-led organization which provides its members with opportunities to provide service, build character and develop leadership.
Vision
We are caring and competent servant leaders transforming communities worldwide.
Core values
The core values of Key Club International are leadership, character building, caring and inclusiveness.

Advisor:
Mr. Dibbern

Interact

The Interact Club is a community service group that focuses mostly on small-scale projects like making blankets for local shelters and decorating pumpkins for a local children's hospital. Our biggest event of the year is Longmeadow's Got Talent, which is a fundraising competition that features Longmeadow's middle school students.

President:
Vivian Yu

Vice Pres:
Julianne Kapner

Treasurer:
Robert Anderson

Secretary:
Sydney Requardt

Advisor:
Mr.Little

Knitting

4 Benefits of Knitting

1. Knitting allows you to steep yourself in creativity and forget the stress and anxiety of your day.
2. The rhythmic motion of knitting has been proven to change the brain chemistry so as to decrease bad stress hormones and increase the release of such good mood hormones as serotonin and dopamine.
3. The process of learning to knit helps you feel good about yourself and enhances your sense of self esteem.
4. Crafts like knitting engage both your mind and body, causing optimistic feelings about your life and future.

- Creative U Studios

Model United Nations

MANE PLACIDUS ET GNOSCE LATIN

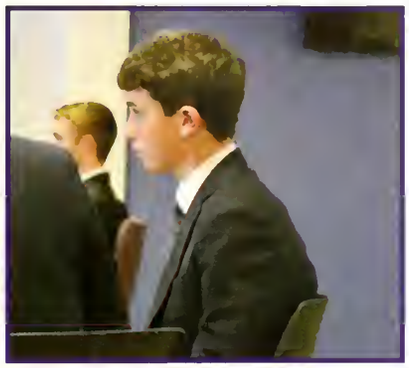
Latin

Did you ever wonder why the language of ancient Rome was called Latin and not Roman?

The answer is in the fact that Romans spoke the language of the district in which they lived, Latium in Italy.

The influence of Rome as a country made Latin the common language of South and Western Europe. In these areas Romance languages (Italian, French, Spanish, Romanian and Portuguese) were later derived from Latin.

- Latin-language.co.uk



Mock Trial

√-1 ♥ MATH

Captain:
Vivian Yu
Advisor:
Mr. O'Connell

"The Math Team Competes in the WMML and in the AMC online Interstellar league."

Math Team

National Honor Society

President: Conrad McCarthy

Angelina Scolari
Officer

Pottery

Advisor:
Mrs. Callahan

Red Cross

Officers:
Jill Corrigan, Emily Ishak, Mary Carter Bradshaw & Marisa Chamberland

American Red Cross

President: Jessie Moriarty
Vice President: Jen Durocher
Treasurer: Gianna Alberici
Advisor: Mrs. Warren

S.A.D.D

"S.A.D.D. - students against destructive decisions - We are a club that works to help prevent destructive decisions and choices within the student body. We organize various events(such as bringing Chris Heren in to speak at the school) in an attempt to educate and therefor prevent destructive decision from being made by our peers, particularly those of underage drinking and drug use."

Science

"Science club raises awareness for the gender gap in stem careers while exploring STEM fields through experiments."

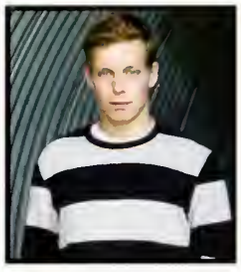
Presidents:
Jerrica Li & Larissa Valdes
Advisor:
Mr. Keller

Ski & Snowboard

President:
Robert Anderson
Treasurer:
Izzy Anderson
Secretary:
Ben Black

Spanish

Co-Presidents:
Sam Cox, Kip Ehrenberg, & Cali Grinkavitch
Advisor:
Mrs. Riordan



Spanish Club is a group for students looking to be more involved in the spanish speaking community and who are looking to learn more about the Hispanic culture. Our favorite events are visiting the Ronald McDonald house, eating at authentic restuarants and learning spanish dances!

LHS Table Tennis is all about passion. We have fun and play pong. Eating food is a must. The competetive atmosphere is perfect for real contendors. #pceluvpingpong

Table Tennis

Co-Presidents:
Sam Cox & Jennie Schmuter
Vice-President:
Sonia Donskaya
Advisor:
Mr. Magowan

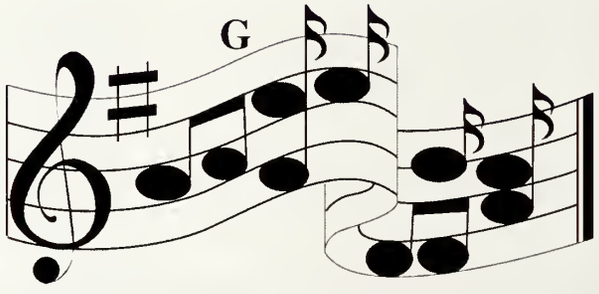
Towanda

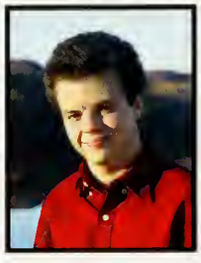
President:
Madeleine Neiman

Advisor:
Mrs. Roy

" The purpose of Towanda is to help empower the females in our school and community.A lot of what we do is focused on educating ourselves. The group has and open format in which we are able to discuss issues that we feel are important. We hope to have more workshops in the future that help empower ourselves. It's a very large and diverse club, so naturally we all have different goals. However, we are all focused on helping women throughout our community and breaking down gender barriers. I started the club because I saw LHS girls were passionate about social justice. We were tired of hearing the word "slut" thrown around, and rape being passed off as a joke. We saw that there was a lot of educating to be done in our community about how we speak and act towards women"

Tri-M Music Honor Society

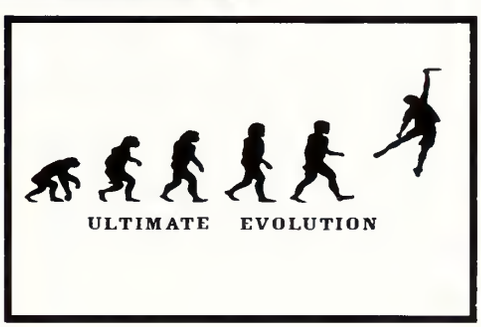
"The Tri-M Music Honor Society is the international music honor society for middle/junior high and high school students. It is designed to recognize students for their academic and musical achievements, reward them for their accomplishments and service activities, and to inspire other students to excel at music and leadership. "

Seniors:
Andrew Metz, Angelina Scolari, Caroline Lussier, Cecilia Schirmeister, Madeline Foley, Michael Chen, Robert Anderson, Rohini Loke, Syng-Huan Chung, Vivian Yu



Girls Ultimate Frisbee

Captains:
Amanda Rabideau,
Sydney Requardt, &
Jerrica Li

"The girls ultimate program has grown a lot in the past couple of years, with more than 40 players last year, it's one of the most highly participated in clubs at the high school. All of the girls love coming to practice each day, and competing in the fast paced games and tournaments!"



"We are a tryout-based team that plays games and tournaments against teams from all over New England."

Captains:
Javier Poznar
& Michael Chen
Advisor:
Mrs. Sleigh

Boys Ultimate Frisbee

Unicef

"UNICEF is the driving force that helps build a world where the rights of every child are realized. We have the global authority to influence decision-makers, and the variety of partners at grassroots level to turn the most innovative ideas into reality. That makes us unique among world organizations, and unique among those working with the young.

We believe that nurturing and caring for children are the cornerstones of human progress. UNICEF was created with this purpose in mind – to work with others to overcome the obstacles that poverty, violence, disease and discrimination place in a child's path. We believe that we can, together, advance the cause of humanity."

President:
Nishal D'Souza

"Yoga club meets every Tuesday in the chorus room with Jfrea. We go out to eat sometimes as a club and we formed a team for the Rays of Hope walk this year. Its a very relaxing club for girls and guys that enjoy doing yoga and taking naps. The environment in yoga club is filled with good vibes and welcoming people."

Yoga

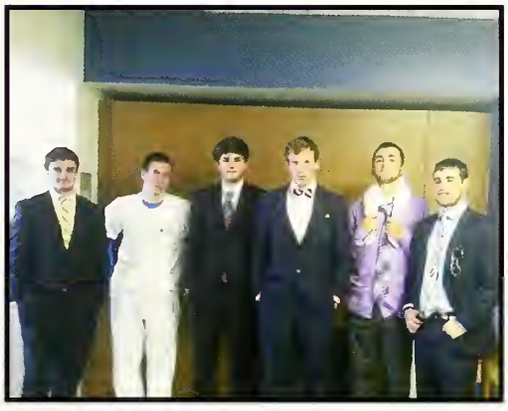
President
Suzanne Elfman
Vice President:
Madeleine Aseltine
Secretaries:
Audrey Lai & Michelle Kim
Treasurers:
Lisa Schmelkin & Marissa Chamberlin
Advisor:
Mrs. Fournier-Rea

President:
David Sell
Advisor:
Mrs. Werlin

Christian Prayer Club

"We meet weekly to pray and worship."

Stock



The Definition of a Stock
"Plain and simple, stock is a share in the ownership of a company. Stock represents a claim on the company's assets and earnings. As you acquire more stock, your ownership stake in the company becomes greater. Whether you say shares, equity, or stock, it all means the same thing."
-Investopedia.com

"Stock club basically consists of weekly meetings where members discuss certain stocks and analyze the stock market in general. Certain members actually own stock themselves so our discussion helps to give them some guidance. Also, every year members of the club travel to the MassMutual Center to compete in the Stock Market Challenge"

President:
Chase Hussey
Officers:
Daniel Kofman
Seth Wernick
&
Colin Hurly

SPRING SPORTS

Girls Tennis

"We have a lot of new players which is great because our team lost 6 seniors last year. I know if we work hard during practices and matches we will do well during postseason."

-Jen Barnhart

Boys Tennis

"Our goal is to continue our winning tradition in Western Mass and carry on that success into a state championship run."

-Ross Kamin & Jeffrey Thor

Girls Track & Field

"This season our goals as captains are to instill confidence and create a lively and supportive atmosphere. I hope to have a happy, dedicated team, and believe that positivity and determination will lead us to success. Pink Cadillac is in our future! #bringhomethehardware"

- Emma Jones, Maddie Foley, & Anneliese Perez-Geliñas

Boys Track & Field

"I'm expecting a lot from this team. The other captains and me are looking to carry the positive energy that we had from the indoor season through this season and hopefully win a WMass title"

- Connor Strain

PREVIEW

Baseball

"We haven't made playoffs in over a decade but our swagger and grittiness have always been top notch. We plan on turning things around this season; expect great things."

-John Croll

Girls Lacrosse

"We are ready and excited for the season!We plan on getting in shape and getting better every day. We hope to have a really succesfull season and get another chance at a Western Mass and State title!"

-Michaela Smith & Rachel Woods

Softball

"After back to back trips to the WMass chip and coming up short, the softball team is ready to win it all. The team looks to it's four captains: Ally Mishol, Jill Stockley, Sam Cox, and Sarah Whitney - for leadership both on and off the field. Featuring a nice blend of seniors and underclassmen, the team is poised to make the third time the charm and win the WMass Champtionship this spring. Make your way down to the diamond to support the squad this season! -Ally Mishol

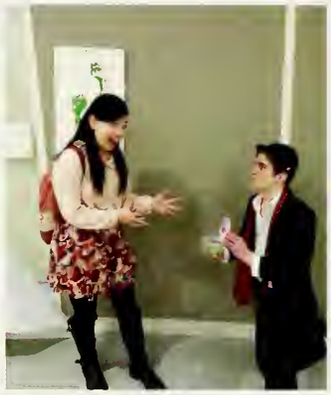
Boys Lacrosse

"This year we are looking forward to a brand new season with a new coaching staff. Our new coach is Keith Cambell. He is a very experienced lacrosse coach who knows everything about the game. Although our season didn't end how we wanted it to last year, we are looking forward to starting fresh and attempting to reclaim the State title."

-Nick Crews

Prom

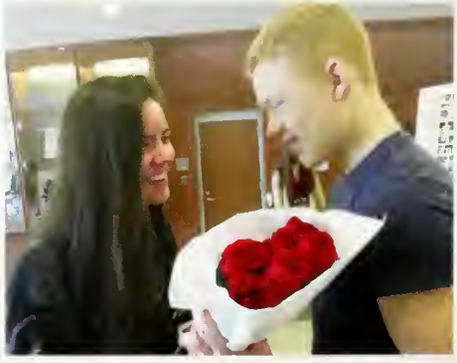
Prom?



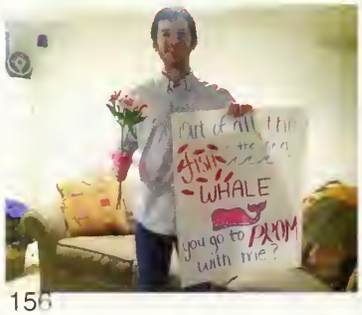
PROM?

LANCERS
21
ALEXA
PROM?

PROM?



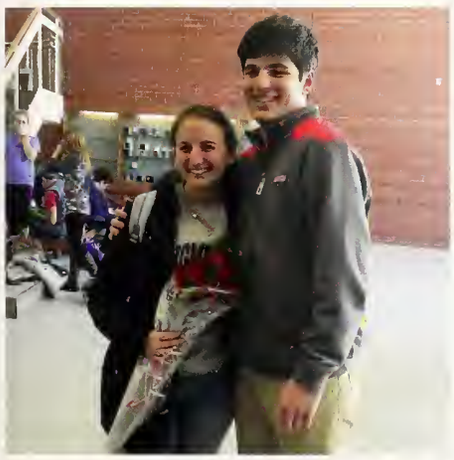
P R O M ?

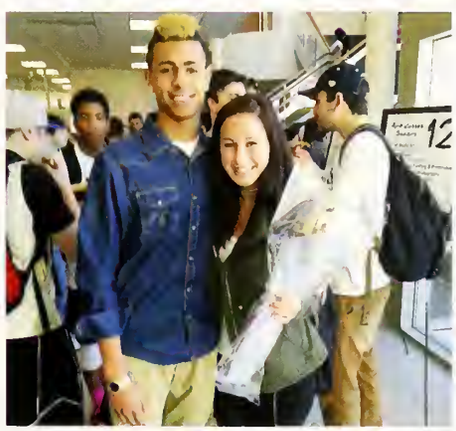

WHALE
you go to PROM
with me?

Prom?

Promposals

Hey @katiebaker294, prom?
-@rubintothemax
ps. #Vote5h





Prom: June 4th, 2015

Yearbook Staff

The One in Charge

Sanji Johari, we love you dearly, and thank you so much for all the time and effot you have put into making this yearbook what it is.

Dylann Keaney, your photoshop talents made the yearbook look amazing. Thank you so much for everything you have done.

The Photoshop Guru

Treasurer

Jennifer Barnhart, without you and your counting skills we would of never been able to keep track of the overflowing demand for yearbooks. Thank you.

Camryn Boutin, anytime we need a photo taken you would take it, no questions asked. Thank you for every picture you took.

The Go-to Photo Gal

Shayla Coughlin, thank you for bringing delicious goodies to class every day. Your baking skills will be missed!

The Baker

The Thinker

Jennie Schmuter, if we needed a great idea, you gave us one. Thank you for thinking of all of your amazing ideas.

WE WILL MISS YOU

Sarah Bernstien and Tammy Stevens, thank you for doing all of your hard work regarding layout and everything else.

With **Love,** from Elli Barkett and Julia Langone

WE LOVE YOU

DONT MESS WITH US.

Retirements:

Judy Neilson

Photo, Digital, AP Art Teacher, and Yearbook Advisor

Judy Neilson is an exceptional teacher and woman. It is not often that a teacher asks to be called by their first name, and this was just one of many signs that your experiences in her class would be unlike any other. Judy taught all levels of photography while at LHS, and in her last year took on the huge role of the yearbook class. While none of us in the yearbook were prepared for what a huge project it would be but, Judy knew that with a little love and a lot of hard work, it would be something truly amazing. She was right. As the leader of the AP art program, she has had the experience of seeing her students reach the highest level of art at LHS, many that have reached that level because of her.

Although it can be agreed that Judy is an fantastic teacher, that is not the reason that students and teachers alike always find themselves in her presence. Judy has a love for life unlike I have ever seen; she treats every day like a gift. During last year, Judy and her husband lost their home to a fire, and she lost a large amount of her own artwork as well as cameras and other art collections. Although she was out of school for a while, she came back the same Judy, always positive and willing to do whatever she can to help us. We as students have been there to see her lose something so tragically, but also all the way until her new home is almost finished. I think I can speak for anyone who has been your student when I say thank you for everything you have done for us and for the school. Being your student has changed my high school experience completely and you will be missed at LHS immensely! Good luck in wherever life takes you next.

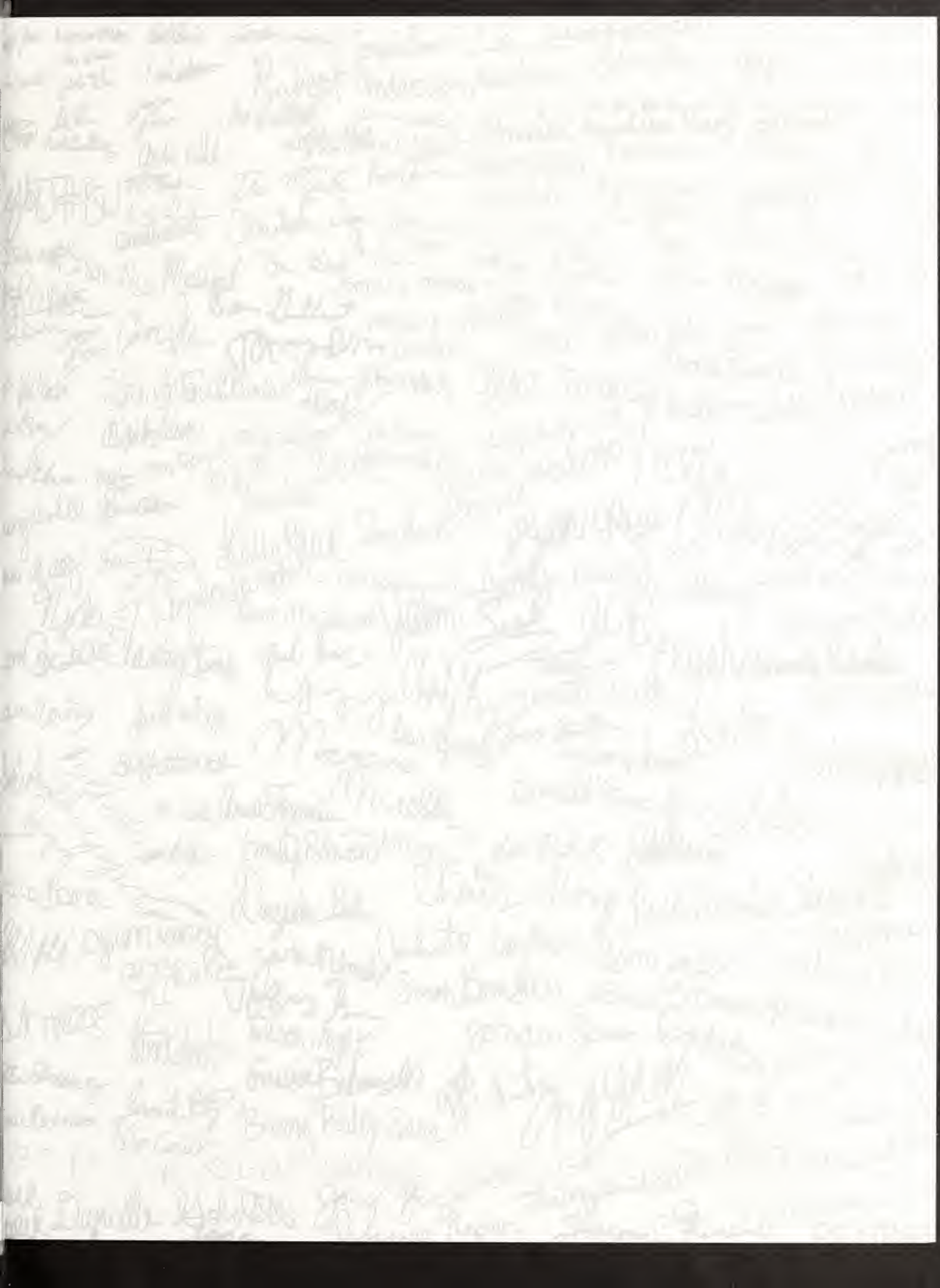
By Dylann Keaney

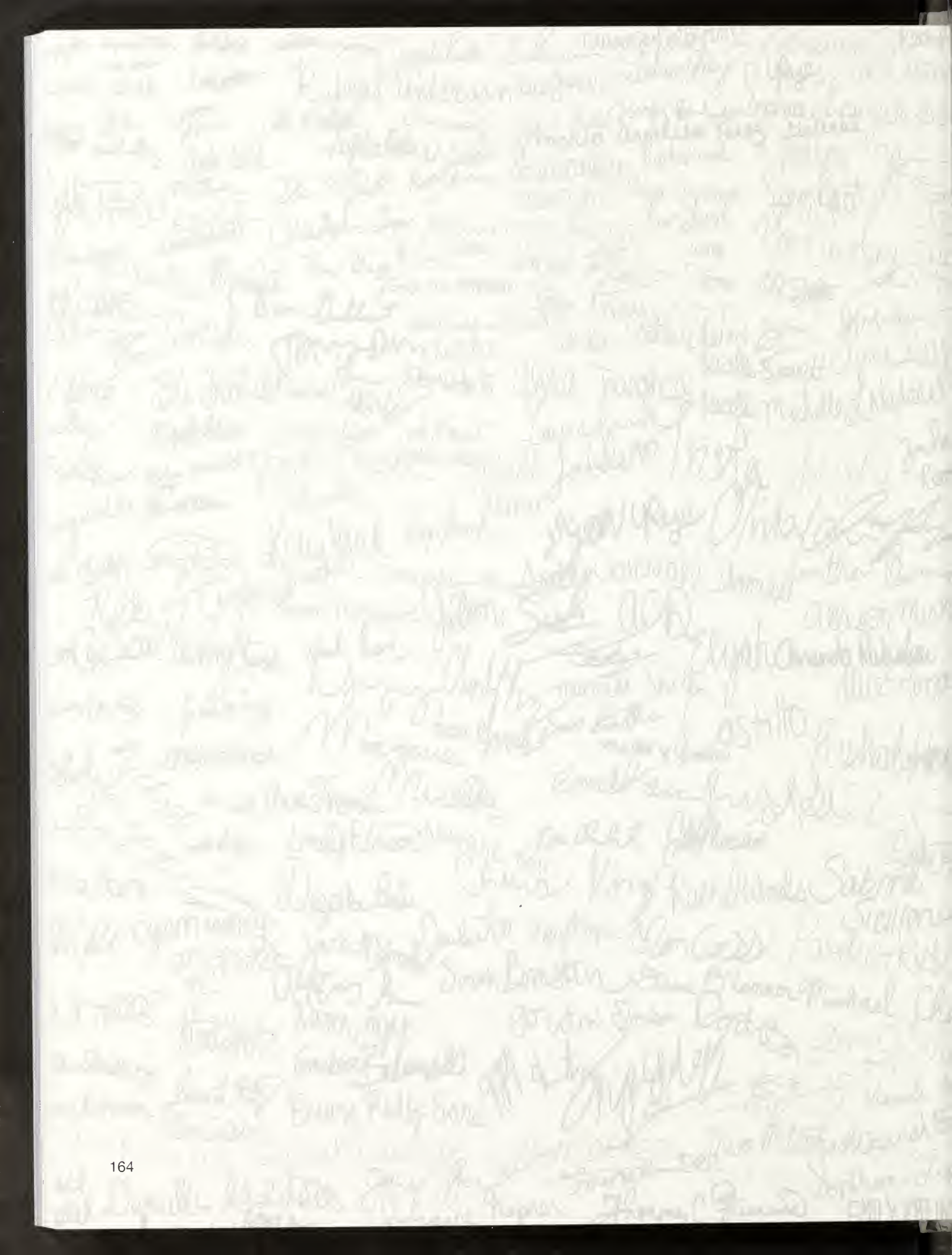
Nineteen years ago a hurricane-force wind blew into Western Massachusetts and we met Judy. From the minute we met her, she was impressive. Who was this person? Why did she fill shoes with cake frosting in her Art? Why did she leave San Francisco to move to the woods of Ashfield, MA? We started working together and have been cranking along together since. I am so grateful. My dear Judy is a life-changer.

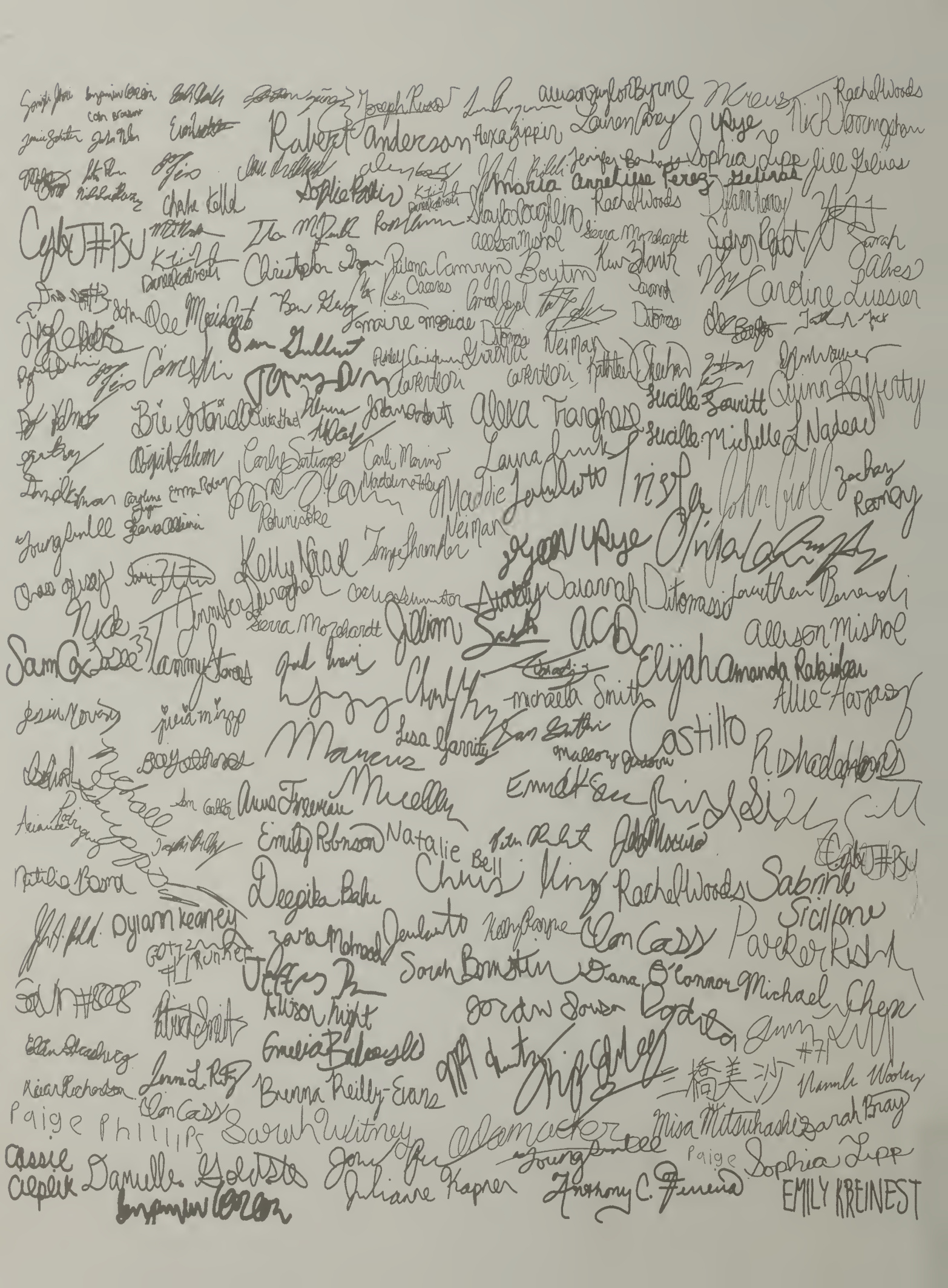
Judy is a total DYNAMO. She has more energy in her pinky finger than most people have in their whole body. She is so curious, so interested, so engaged in whatever she takes on, honestly interested and totally involved. Quiet and fairly reserved, Judy shies away from the limelight. But behind the scenes she NEVER stops working/innovating/pushing forward.

I can't imagine working without Judy. She has mentored me in so many ways, mostly by her example. She can think WAY outside the box and taught me more is possible than you think. She thinks BIG in every way. I'll struggle to keep that Judy view but I will work as hard as I can to keep it alive. She will hardly retire. She'll produce new art, take the coolest photos, play with new technology, cook new recipes, build an awesome garden. I picture her retirement as an extremely productive, full-of-life attack on a new chapter. Life is never boring with Judy–might be a little without her.

By Deborah Callahan






Robert Anderson
Sophia Lipp
Jill Gelias
Caroline Lussier
Sarah Oakes
Quinn Rafferty
Alexa Trafficante
Elijah Castillo
Amanda Rabidou
Allie Harpaz
Michael Chen
Sabrina Siciliano
Parker Rist
Sarah Whitney
Paige Phillips
Danielle Goldstein
Juliana Kapner
Anthony C. Ferrucci
EMILY KREINEST